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FOOD FOR TODAY STUDENT ACTIVITY GUIDE

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Peoria, Illinois 61614

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78 79 80 81 82 P 5 4 3 2 1

ISBN 87002-197-4

Printed in the United States of America

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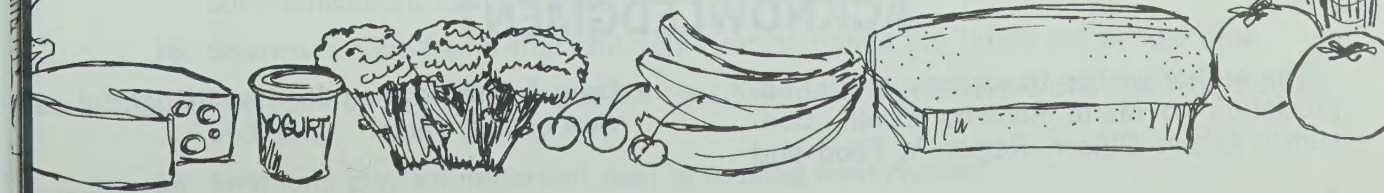

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TO THE STUDENT

This Student Activity Guide is intended to help you use your textbook *Food for Today* effectively. You will learn about the relationship between the foods you eat and the health of your body. While everyone requires the same kinds of nutrients, you can learn to satisfy your individual food needs in different ways for your particular life style.

Your teacher will indicate when and how to use each activity in the Guide. Some of the activities may be used as progress tests, others as ways to help you to better understand new facts and ideas. It is organized in the same way as the textbook—five parts having a total of 28 chapters.

Each chapter in this Guide is divided into three sections:

1. Checking Your Knowledge: A true-false quiz.
2. Words at Work: A matching quiz.
3. For Further Understanding: Activities containing questions, problems, and projects.

Each of these sections is designed for recall and understanding of content and mastery of new words. Some terms will be familiar ones but many will be new. Learn to pronounce each word, as well as know its meaning.

In addition, each of the five parts in the Guide ends with a review named *Looking Back*. You will find game-type activities aimed at tying together the information in the chapters. These word puzzles will help you review the facts, ideas, and word meanings you have learned. You will . . .

- Unscramble words in sentences that highlight big ideas found in each chapter.
- Search for words you have learned in the Word Power Puzzle.
- Decode the "Secret Message" for each of the five parts and write a brief essay.

In short, the *Food for Today* textbook and Student Activity Guide were written with one goal in mind—to help you make the best food decisions possible in today's complex world.

ACKNOWLEDGMENT

The author wishes to express special appreciation to Marie Abdisho Ekvall, Consumer Affairs Officer, Region V, Food and Drug Administration for her thoughtful review of this Guide.

Name _____ Date _____ Class _____

Chapter 1
Your Food Habits

To help you to . . .

- *Understand why people eat.*
- *Analyze the reasons for differences in food customs among various cultures.*
- *Identify the factors that influence your food choices.*

(Text pages 13–27)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space to the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. People eat to meet physical and psychological needs.

_____ 2. People who are hungry find learning more difficult.

_____ 3. Most people tend to feel insecure when a food shortage develops.

_____ 4. Starvation, in its extreme form, is known as hunger.

_____ 5. Food habits become more difficult to change as you become older.

_____ 6. When people leave their native countries they usually forget about their customs and food traditions.

_____ 7. The most abundant crops grown in an area usually become the basic or staple food for its people.

_____ 8. The geographic location determines the type of food available for consumption.

_____ 9. Bananas and pineapples grow in northern climates.

_____ 10. Herbs and spices were first used to cover up, or camouflage, unappetizing food.

_____ 11. The climate of a land has little effect on the cooking methods used.

_____ 12. In some cultures a food may be unacceptable for eating, while in other cultures the same food may be treated as a delicacy.

_____ 13. The food habits of almost every culture have been influenced by religion.

_____ 14. Food is a sign of hospitality throughout the world.

_____ 15. Food practices are being modified in many areas of the world because of improved communication, transportation, and education.

_____ 16. Scientists have found that children's eating habits are firmly set by age nine.

_____ 17. The taste buds on the tongue are sensitive to the same flavors of sweet, sour, bitter, and salty.

_____ 18. Emotions play an important part in making food choices.

_____ 19. Advertising has a significant influence on people's food choices and in the growth of the economy.

_____ 20. Television commercials have little effect on the volume of food products sold to consumers.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. Food processed and prepared in a manner prescribed by religious ritual.	A. basic flavors
_____	2. To suffer or die from lack of food.	B. caste system
_____	3. Tiny organs that determine the flavor of foods.	C. ethnic group
_____	4. These give energy and help the body to grow and repair itself.	D. ghee
_____	5. The people belonging to a specific culture.	E. hunger
_____	6. A fat made of clarified butter and cow's milk.	F. kosher
_____	7. An urgent need or craving for food.	G. natural foods
_____	8. A belief or practice resulting from ignorance, fear, or mistaken reverence.	H. nutrients
_____	9. Separation of people by social class, rank, wealth, or position.	I staple foods
_____	10. Another name for "health" foods.	J. starvation
		K. superstition
		L. taste buds

FOR FURTHER UNDERSTANDING

1. *Check your food taste awareness.* Write your description for each of the following foods. Consider the appearance, texture, smell, and taste. Descriptive words such as sweet, tart, crisp, juicy, pungent, spicy, bland, chewy, dry, bittersweet, soft, tender, firm, sour, and crunchy may be used.
   (a) apples (b) oranges (c) grapefruit (d) chives (e) cheddar cheese (f) peanuts (g) lettuce (h) spinach (i) white bread (j) cottage cheese.
   Compare your descriptions with classmates. You will probably have a variety of answers. Why?

2. *Your food preferences.* You may like or dislike certain foods because you associate them with specific events, people, places, etc. Name at least two foods you like or dislike for such a reason and give an explanation. What conclusions can you draw about the relationship of food to habits?

3. *Analyze advertising appeals.* Advertising often changes nonessential wants to needs. Give an example of when this has happened to you or to someone you know. Explain whether the effect of this has been good or bad.

4. *Changing lifestyles.* How has the fast pace of modern life changed our food practices in the United States in the past ten years? Give reasons for these changes.

5. *In your own words.* Explain briefly what these expressions mean.
   (a) "Food feeds the ego, not just the body."
   (b) "Group life and culture influence our attitudes toward food."
   (c) "Bad eating habits are at the root of most weight problems."

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Name _____ Date _____ Class _____

Chapter 2

Is Our Food Safe To Eat?

To help you to . . .

- *Understand why food additives are used.*
- *Know how food additives and contaminants are controlled.*
- *Appraise the truth behind food fads.*
- *Recognize how food quacks operate.*

(Text Pages 29–37)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space to the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Additives are used to preserve foods, add nutrients, or give color or flavor.

_____ 2. Using additives in products is a recent food practice.

_____ 3. Federal laws control all foods sold across state boundaries.

_____ 4. The letters FDA represent the governmental agency, Food and Drug Administration.

_____ 5. The U.S. Department of Agriculture (USDA) is responsible for regulating interstate shipping of red meats, poultry, and eggs.

_____ 6. Additives such as salt and sugar can be used by manufacturers without getting permission from FDA.

_____ 7. Supplying safe food for consumers is the responsibility of only the food industry.

_____ 8. The complicated relationship between nature, people, and industry is often called the "food chain."

_____ 9. The government has the legal authority to request a food manufacturer to remove a product from the market.

_____ 10. The Environmental Protection Agency (EPA) sets tolerances, or safe limits, for pesticide use on fresh produce and other crops.

_____ 11. If a particular food is recalled, all containers of that brand must be destroyed.

_____ 12. The pollution of rivers and lakes with chemical and human wastes is a worldwide problem.

_____ 13. Many of the actions taken by government are the result of persistent complaints made by consumers.

_____ 14. Blackstrap molasses can cure arthritis and other conditions.

_____ 15. Brown and white eggs have the same nutritive value.

_____ 16. Onions and garlic can help cure a cold.

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_____ 17. Organic fertilizers of manure or compost are more likely to contain bacteria that can cause food poisoning.

_____ 18. Health or organic foods usually cost less than other food purchases because they contain no additives.

_____ 19. Vitamins and minerals found naturally in foods are superior to those that are manufactured in laboratories.

_____ 20. Food quacks use scare tactics or promote unscientific cure-alls for ailments.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. A request or order to remove a product from the market.	A. additive
_____	2. Sometimes called "natural" or "health" foods.	B. contaminants
_____	3. The length of time food holds its original flavor and quality.	C. food chain
_____	4. Substances that get into food by accident as it is grown, processed, stored, or packaged.	D. food fads
_____	5. A substance added to a food product for a specific purpose.	E. food quacks
_____	6. Mistaken beliefs about foods that are based on myths, misinformation, or exaggerated claims.	F. GRAS list
_____	7. Substances found acceptable by the Food and Drug Administration which may be used by manufacturers without getting special permission.	G. multiple supplements
_____	8. The capacity of the body to endure or adapt to chemicals without harm.	H. organic foods
_____	9. People who pretend to be food experts for their own profit.	I. pesticides
_____	10. Chemicals used on farms to prevent insects and disease from damaging or destroying crops.	J. recall
		K. shelf life
		L. tolerance level

FOR FURTHER UNDERSTANDING

1. *Food facts and quacks.* How can you separate fact from fiction in the claims of food faddists? Give the facts for each of five myths.

2. *Peddling propaganda.* Propaganda spreads an opinion or belief. (a) Find, mount, and explain an advertisement of a food or food-related product that gives little or no facts. Explain whether you would have noticed the propaganda appeal if you had not looked specifically for it. (b) Search for 10 statements from advertisements that use psychological appeals to attract consumers and promote sales. Example: "Everyone is using brand X." Explain why you think these techniques do or do not work.

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Name _____ Date _____ Class _____

Chapter 3
Food and Your Health

To help you to . . .

- *Identify the signs of good health.*
- *Analyze what happens to food in the human body.*
- *Recognize how life styles affect nutrition and health.*

(Text Pages 39–57)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. The digestive system breaks food down into tiny particles and releases nutrients for the body.

_____ 2. The body's circulatory system carries oxygen and nutrients to cells and moves waste products away.

_____ 3. The average body temperature is 37 °C [98.6° F.].

_____ 4. The spongy areas inside bones which produce red blood cells are called bone marrow.

_____ 5. Body muscle is made primarily of carbohydrates.

_____ 6. The human body must have a constant supply of oxygen and water.

_____ 7. If the human body does not exercise, it loses its ability to move easily.

_____ 8. Studies show that people who exercise regularly have better resistance to disease and infection.

_____ 9. Body cells are replaced more rapidly when you are awake than when you sleep.

_____ 10. Food should be chewed rapidly to aid digestion.

_____ 11. The stomach is located in the center of the body along the waistline.

_____ 12. When the stomach is empty, it looks like a collapsed balloon.

_____ 13. Fats and high protein foods pass through the stomach quickly.

_____ 14. An average meal leaves the stomach in about four hours.

_____ 15. About 40 percent of the food you eat ends up as waste products.

_____ 16. People perspire continually, even in cold weather.

_____ 17. Ulcers are usually caused by emotions rather than eating the wrong foods.

_____ 18. Hormones regulate chemical activities in the body.

_____ 19. "Quick" energy foods give the body instant energy.

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_____ 20. The saliva in the mouth contains an enzyme, ptyalin, which changes starch into sugar.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. The smallest blood vessels in the body.	A. calisthenics
_____ 2. An inability to go to sleep.	B. capillaries
_____ 3. The upper portion of the small intestine.	C. chyme
_____ 4. Special motions that exercise the body.	D. deoxyribonucleic acid (DNA)
_____ 5. A raw wound in the stomach caused by extreme hyperacidity.	E. digestive tract
_____ 6. Responsible for the exact duplication of worn out cells.	F. enzyme
_____ 7. A long, continuous tube extending from the throat to the rectum.	G. duodenum
_____ 8. Muscle action that churns food and pushes it along.	H. insomnia
_____ 9. A substance which speeds up a chemical reaction in the body.	I. peristaltic waves
_____ 10. The small muscle separating the stomach from the small intestine and sometimes called the "gatekeeper".	J. pylorus
	K. rennin
	L. ulcer

FOR FURTHER UNDERSTANDING

1. *Understanding your body.* To know how food is used in the body, you must first learn about how your body functions. Make a chart with the headings **Life-Support Systems** and **Functions.** Use the chart to identify and briefly describe the work of eight of the vital life-support systems described in Chapter 3.

2. *A picture of good health.* Collect pictures of people that reflect good health—rest, figure control, posture, vigor, happiness, bright eyes. Arrange and mount them on a large sheet of paper. Compare your visual with those of other classmates. Vote for the best ones and have them displayed in the room.

3. *Make the most of your health.* Make a chart listing 15 characteristics of people who are normally in good health. (a) Use the headings shown and rate yourself as above average, average, or poor for each trait by placing an (X) in the column that best describes you.

Characteristics of Good Health	Above Average	Average	Poor

(b) Study your findings. You may want to discuss them with a friend. Indicate two important traits that you would like to work to improve. Review this chart at the end of this course to see whether you have changed your opinion on these items.

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Name _____ Date _____ Class _____

Chapter 4

Introduction to Nutrition

To help you to . . .

- *Identify the language of nutrition.*
- *Understand how the nutrients work in the human body.*
- *Recognize how nutrition labeling can help you.*

(*Text Pages 59–75*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Selecting the right kind and amount of food to keep you healthy is a lifelong responsibility.

_____ 2. Nutrition means the food you eat and how your body uses it.

_____ 3. Poor nutrition can lead to poor health.

_____ 4. Nutrients include carbohydrates, fats, proteins, vitamins, and minerals.

_____ 5. Carbohydrates are often called the "building blocks" of the body.

_____ 6. Vegetable proteins contain all the essential amino acids needed to build cells.

_____ 7. Nutrients need water and oxygen to carry on their body processes.

_____ 8. The body's need for food is greater than its need for water.

_____ 9. Solid foods do not contain water.

_____ 10. Sugar, fats, oils, and alcohol may be classified as empty calories because they have few, if any, nutrients.

_____ 11. Your body must have an adequate supply of *all* the nutrients so they can work together as teams.

_____ 12. Your body can use only a certain amount of each nutrient.

_____ 13. The amount and kinds of nutrients that you will need will remain the same throughout your life.

_____ 14. Health experts recommend that eating a variety of foods every day in moderation is a guide to good eating.

_____ 15. All vitamins can be stored by the body for future use.

_____ 16. Eating too much of one vitamin may create unexpected health problems.

_____ 17. Poor nutrition is found only in families who are economically poor and cannot buy enough food.

_____ 18. Vitamin A is a fat soluble vitamin that helps eyes adjust to dim light.

_____ 19. Vitamin C helps to build and maintain strong bones and teeth and is often added to milk.

_____ 20. Vitamin B helps you have good digestion and keeps your nervous system healthy.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. The body's main source of energy.	A. basal metabolism
_____ 2. Build and repair body tissues and control body processes.	B. calorie
_____ 3. A severe shortage or deficiency of nutrients resulting in specific physical signs.	C. carbohydrates
_____ 4. Amount of heat energy needed to raise the temperature of 1 kilogram (a little over 4 cups) of water 1 °C.	D. deficiency
_____ 5. The power the body uses to carry on its activities.	E. energy
_____ 6. Very small amounts of these are needed by the body.	F. fats
_____ 7. The amount of energy used when a person is at rest.	G. malnutrition
_____ 8. A shortage of the nutrients necessary to health.	H. minerals
_____ 9. Pound for pound, the most concentrated source of energy.	I. proteins
_____ 10. Replacing nutrients in food that have been lost in processing.	J. restoration
	K. vitamins
	L. trace elements

FOR FURTHER UNDERSTANDING

1. *Nutrition word mastery.* Knowing the accurate meanings of basic nutrition terms will help you to understand how food works in the human body. Write a brief and accurate definition for each of the following words: (a) nutrients (b) proteins (c) carbohydrates (d) fats (e) vitamins (f) minerals (g) water. Then write a complete sentence using the word to show that you understand its meaning.
2. *Nutrients and health.* Choose one important nutrient and tell which foods are good sources, what the nutrient does in the body, and what happens if you eat too little or too much.
3. *Food labeling.* Any food to which a nutrient is added or which makes a nutritional claim must have a nutrition label. Find a nutrition label and mount it on paper. Describe at least five ways in which nutrition labeling can help you save money and serve nutritious meals.
4. *Learning the terms.* Explain what each of the following terms means: (a) fabricated foods (b) formulated foods (c) fortified foods.

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Name _____ Date _____ Class _____

Chapter 5

More About the Nutrients

To help you to . . .

- *Know what each nutrient does for your body.*
- *Identify the best food sources of each nutrient.*
- *Understand what happens when you eat too little or too much of a nutrient.*

(*Text Pages 77–79*)

CHECKING YOUR KNOWLEDGE

Score _____

Read The following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Sugar is high in nutritive value.

_____ 2. Carbohydrates include sugars, starches, and fiber.

_____ 3. During digestion, all carbohydrates are broken down into simple sugars.

_____ 4. Sugars are classified as simple sugars and double sugars, according to their chemical formula.

_____ 5. Fiber is not necessary for digestion.

_____ 6. If you eat more carbohydrates than you need, they are changed to fat and stored as body fat.

_____ 7. Carbohydrates, pound for pound, supply twice as much energy as fats and proteins.

_____ 8. Fats stay in the stomach longer than proteins or carbohydrates, thus delaying the feeling of hunger.

_____ 9. At room temperature, saturated fats are generally in solid form.

_____ 10. Proteins are part of every human cell.

_____ 11. Americans today are eating more animal fats and less vegetable fats.

_____ 12. Amino acids can be stored by the body.

_____ 13. Pregnant women and nursing mothers need extra protein to build new cells.

_____ 14. Vitamin A keeps the skin healthy and helps night vision.

_____ 15. Fat-soluble vitamins can mix only with water.

_____ 16. Fat-soluble vitamins cannot be stored by the body, so excess amounts are removed with waste products.

_____ 17. Colors are a good clue to the presence of vitamin A in food.

_____ 18. Unlike minerals, vitamins become a part of the body's bones, tissues, and fluids.

_____ 19. Most physicians feel that people should cut down on sodium or table salt.

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_____ 20. Iodized salt tastes different than plain table salt.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. A meat extender or substitute made from soybeans or other plant sources.	A. analog
_____	2. The process by which substances pass back and forth through cell walls.	B. cholesterol
_____	3. A substance that can be turned into a vitamin by the body.	C. essential amino acids
_____	4. Another name for table sugar.	D. fiber
_____	5. A protein required by blood to form clots when there is a wound.	E. osmosis
_____	6. Bulk, roughage, or cellulose necessary for the digestion process.	F. prothrombin
_____	7. A fatty acid having as much hydrogen as it can hold.	G. provitamin
_____	8. Deposits of fat under the skin serving as insulating material for the human body.	H. saturated
_____	9. Nutrients that must be supplied by food because they cannot be made by the body in sufficient amounts.	I. subcutaneous fat
_____	10. A fat-like substance found in every cell in the human body.	J. sucrose
		K. textured vegetable protein
		L. glucose

FOR FURTHER UNDERSTANDING

1. *Plan a nutrition program.* Imagine that you have been chosen to plan a Nutrition Day in your school or community. How would you begin? Choose a theme, consider who your audience will be, what factual information you will present, and how it might best be presented. Then plan a timetable for the day's activities. Make a list of the committees you will need and the responsibilities of each committee. Decide how you will evaluate the success of the program.

   Outline your total program and share it with classmates. The best ideas may be compiled for a program in your local area. This project will help you to learn leadership skills too!

2. *Research investigation.* Choose one of the following topics to search for the latest information. Consult textbooks, encyclopedias, magazines, and other reference literature in the library. Write a three to five page report summarizing your findings. Be sure to include your references showing where you obtained the information.
   - The Human Cell
   - Facts on Fats
   - Vitamins for Health
   - Trace Minerals
   - Space Nutrition
   - Emotions and Health
   - Sugar in our Diet
   - Salt Needs for Health
   - Food Processing Trends
   - The Digestive System
   - Cholesterol and the Heart
   - Problems of Obesity

3. *Nutrition and Illness.* A shortage of particular nutrients in the diet can cause certain types of illness. Tell the cause and give a description of each of the following diseases: (a) anemia (b) atherosclerosis (c) beriberi (d) goiter (e) scurvy (f) kwashiorkor (g) pellagra (h) rickets.

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Name _____ Date _____ Class _____

Chapter 6

Food Choices for a Day

To help you to . . .

- *Compare how life styles affect meal patterns.*
- *Apply nutrition information to your food choices.*
- *Make the best use of your resources in meal planning.*
- *Evaluate your food choices every day.*
- *Plan nutritious, flavorful foods every day.*

(Text Pages 99–121)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Studies show that most families eat breakfast together on weekdays.

_____ 2. People may overeat because they are lonely, bored, tense, or just want to be sociable.

_____ 3. Food experts estimate that 10 percent of the food eaten by teenagers is food with few nutrients or "empty" calories.

_____ 4. A balanced meal has foods from all four food groups in the Daily Food Guide.

_____ 5. A food guide is an outline for selecting the right kinds of food in the right amounts every day.

_____ 6. Nutrition labeling on some products can help you to decide in which group or groups a food belongs.

_____ 7. Most teenagers in the United States do not eat enough foods from the milk and vegetable-fruit groups daily.

_____ 8. Material and personal resources are those items you can use for your daily activities.

_____ 9. Restaurants use portion control in serving food to their customers.

_____ 10. People who skip breakfast often have problems concentrating on school work or their jobs.

_____ 11. The Meat Group is an important source of carbohydrates.

_____ 12. Dark green, leafy vegetables supply the body with vitamin D.

_____ 13. Fruits and vegetables are important sources of vitamins and minerals.

_____ 14. Teenagers should have two servings of milk products daily.

_____ 15. Cereal products that have vitamins and minerals added to them are labeled "enriched."

_____ 16. You can get enough calcium for your body by eating protein foods.

_____ 17. Pregnant and nursing women need less servings of the Meat Group to avoid gaining weight.

_____ 18. Amino acids can be stored by the human body.

_____ 19. A limited amount of fat is needed in the diet every day.

_____ 20. Nutritious snacks should be included as part of your daily food pattern.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. A scientific aid to help you select the right kinds and amounts of food.	A. balanced meal
_____ 2. The water in which vegetables are cooked that can be used for soups, stews, and sauces.	B. Bread-Cereal Group
_____ 3. Any items or abilities that will help meet a need.	C. breakfast
_____ 4. A term used in the food service industry which means that too much food was accidentally prepared.	D. Daily Food Guide
_____ 5. The main source of high-quality proteins and an excellent source of iron and B vitamins.	E. leftover
_____ 6. Any food eaten between the three main meals a day.	F. make-over
_____ 7. Food eaten upon awakening to "break the fast."	G. Meat Group
_____ 8. A procedure in which a specified amount of food is served to each person without exception.	H. Milk Group
_____ 9. An excellent source of calcium and phosphorous for healthy bones and teeth.	I. portion control
_____ 10. Provides about one-third of the day's nutrition needs from all four food groups.	J. pot liquor
	K. resources
	L. snack

FOR FURTHER UNDERSTANDING

1. *Nutrients your body needs.* Give two examples of snacks that will take care of each need in the following situations: (a) You are not getting enough protein in your daily meals. (b) You are not getting enough calcium because you dislike milk.

2. Eat right and stretch food dollars. Add variety and nutrition to meals by planning menus for one week. Use the Daily Food Guide on pages 101–105 in *Food for Today.* Discuss this activity with your family and work together in planning. Check advertised specials for that week plus food and staples on hand. Make out a shopping list for your family based on your weekly menu plan. Be sure to include breakfast, lunch, dinner, and snacks eaten by family members. Estimate the total cost of your shopping list. Check the actual prices in the grocery store and compare the total with your estimate. Explain how this kind of weekly planning can help you become a wise consumer.

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Name _____ Date _____ Class _____

Chapter 7

Controlling Your Weight

To help you to . . .

- *Understand why excess weight is a health hazard.*
- *Identify the reasons people have weight problems.*
- *Decide on the best weight for you.*
- *Lose weight if you are overweight.*
- *Gain weight if you are underweight.*
- *Keep your weight at a desirable level.*

(Text Pages 99–141)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. All cultures prefer slender men and women.

_____ 2. Height-weight tables show weights based on small, medium, or large body frames.

_____ 3. To analyze your weight it is best to weigh yourself daily, preferably at the same time each day.

_____ 4. Weight control is a matter of balancing the amount of food eaten and the amount of energy the body uses.

_____ 5. People tend to eat less when they eat food more slowly.

_____ 6. A pound of body fat is equal to 2200 calories.

_____ 7. People who are ten percent above their normal weight are considered overweight.

_____ 8. Health experts estimate that over two-thirds of the people in the United States are overweight.

_____ 9. The more overweight a person is, the greater the danger to health and life expectancy.

_____ 10. Water has calories.

_____ 11. Health experts recommend that you should not lose more than one and one-half to two pounds a week.

_____ 12. The human body is forced to make adjustments when you lose or gain weight.

_____ 13. The stomach tends to shrink when weight is lost.

_____ 14. When dieting, it may take as long as three weeks before weight loss is noticed.

_____ 15. Limiting yourself to two meals a day is a smart way to lose weight and keep pounds off.

_____ 16. A physician should be consulted before a person begins dieting or taking medication.

_____ 17. Frustration and tension can affect a person's appetite.

_____ 18. Watching television and sewing are considered sedentary activities.

_____ 19. Swimming and dancing are strenuous activities that burn many calories.

_____ 20. Life insurance companies study the weight and age of applicants before a policy is issued.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. A method used to measure the amount of fat stored under the skin.	A. amphetamine
_____	2. Extremely fat.	B. calories
_____	3. Losing and regaining weight repeatedly.	C. cathartics
_____	4. Lean meat, oranges, celery, apples, and cereals.	D. diet club
_____	5. The promotion of methods and substances for quick weight loss.	E. health problems
_____	6. Strong laxatives often put in diet pills.	F. height-weight table
_____	7. A chart showing a weight range for people of different heights.	G. high-calorie foods
_____	8. French fries, milk shakes, candies, and pies.	H. low-calorie foods
_____	9. A group of people joined together to monitor their weight.	I. "miracle" diets
_____	10. A stimulant pill used to curb the appetite and promote weight loss.	J. obese
		K. pinch test
		L. seesaw dieting

FOR FURTHER UNDERSTANDING

1. *The truth about fad diets.* Many popular "crash" diets are advertised for quick weight loss. Find information and report on the pitfalls and dangers of three fad diets.

2. *Answer the mailbag.* Pretend that you are hired to write a "Weight Woes" column for a school newspaper. Answer briefly the following letters that have been mailed to you concerning weight problems.
   (a) "How can I convince my Mom that fat babies become fat adults? She keeps stuffing food into my baby sister."
   (b) "My doctor told me that the way I can keep pounds off is to 'change the dieter, not the diet.' I'm not sure what this means."
   (c) "I'm on a diet but some weeks I can't lose anything! I count calories and I don't eat more one week from another. Why can't I lose pounds every week?"
   (d) "How can I know for sure how much I should weigh?"
   (e) "Can vitamin pills take the place of food when you're in a hurry and don't have time to eat?"

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Name _____ Date _____ Class _____

Chapter 8

Meeting Special Food Needs

To help you to . . .

- *Identify food needs for different stages of the life cycle.*
- *Understand how health problems can affect food needs.*

(Text Pages 143–155)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Food needs remain about the same at all stages of the life cycle.

_____ 2. Teenage athletes need the same amount of food as other average teenagers.

_____ 3. It is best to eat at least three hours before competing in any athletic event.

_____ 4. An athlete needs large amounts of liquids to prevent heat exhaustion and heat stroke.

_____ 5. Elderly people do not need to eat foods from the Food Guide every day because their energy needs are less.

_____ 6. Generally, single people will find it to their advantage to buy food in small quantities for food variety.

_____ 7. Strict vegetarians are people who eat only vegetables and other plant foods.

_____ 8. Unless some form of milk is used, vegetarians may find it difficult to get enough calcium.

_____ 9. Research shows that many health problems during pregnancy are related to poor nutrition which can also harm the unborn baby.

_____ 10. Babies born of poorly nourished mothers generally have fewer brain cells than do other babies.

_____ 11. A mother who nurses her baby should drink two glasses of milk a day.

_____ 12. When the mother stops nursing, the baby is said to be weaned from the breast.

_____ 13. Infants should be given sugar water to improve their appetite.

_____ 14. The adult is responsible for selecting the right kind of food for children but children can usually judge for themselves how much they can eat.

_____ 15. The elderly often do not know about being eligible for special food and health assistance programs.

_____ 16. When a person is ill or convalescing, frequent small meals can help to stimulate the appetite.

_____ 17. Diabetics use carbohydrates as their main source of energy.

_____ 18. People are often put on low-sodium diets because their bodies do not hold enough water.

_____ 19. Diabetics should eat the same number of food exchanges at approximately the same time every day.

_____ 20. People with heart disease should cut down on sodium and high-cholesterol foods.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. A physician who specializes in caring for pregnant women and delivering babies.	A. breast feeding
_____ 2. A creamy, yellow, nutritious fluid secreted from the breast during the first few days of nursing.	B. colostrum
_____ 3. People who only eat dairy products and plant food.	C. diabetes
_____ 4. An eating plan requiring the avoidance of table salt and salted food.	D. exchanges
_____ 5. An eating plan which includes vegetable oils, fish, poultry, lean meat, fruits, and cereal products, but not saturated fats.	E. lacto-vegetarians
_____ 6. A daily food guide divided into different food groups which vary according to the amounts of sugar in them.	F. low-cholesterol diet
_____ 7. People who only eat eggs and dairy products in addition to plant foods.	G. low-sodium diet
_____ 8. A physician who specializes in caring for babies and young children.	H. obstetrician
_____ 9. A disease in which the pancreas does not manufacture enough insulin to help the body use blood sugar for energy.	I. ovo-lacto-vegetarians
_____ 10. A term used when a mother stops nursing her baby.	J. pediatrician
	K. soft diet
	L. weaned

FOR FURTHER UNDERSTANDING

1. *Meals for diabetics.* Eating the right foods at the right time is an important part of controlling diabetes. Diabetics use "exchange" food lists in order to select the correct food. Explain how these "exchange" lists work.

2. *Special dietary needs.* Choose one of the following groups of people and analyze this group's food requirements. (a) pregnant women (b) overweight people (c) underweight people (d) senior citizens (e) manual laborers (f) athletes. Develop a three day menu. Have the class or a committee evaluate each menu plan for good nutrition.

3. *Before babies are born.* What do medical studies tell us about babies born to women who are malnourished?

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Name _____ Date _____ Class _____

Chapter 9

Planet Earth: Enough Food For All?

To help you to . . .

- *Interpret some of the causes of the world food crisis.*
- *Differentiate between developed and developing countries.*
- *Understand why the world food supply fluctuates.*
- *Draw conclusions about what can be done to provide enough food for all.*

(Text Pages 157–170)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. About 25 percent of the world's people go to bed hungry every night.

_____ 2. International food experts generally agree that a major cause of a food crisis is the population explosion.

_____ 3. Meat is the main source of food energy in every country in the world.

_____ 4. The average American usually eats at least 20 percent more food than needed.

_____ 5. The United States has approximately five percent of the world's population but eats 35 percent of the world's food.

_____ 6. Most of the population growth by the year 2000 will be in developed countries.

_____ 7. Advances in medicine and medical programs have contributed to the population explosion.

_____ 8. Studies show that cycles of climate remain the same from year to year.

_____ 9. The planet Earth is showing signs of cooling off.

_____ 10. As countries become affluent, they tend to select more expensive foods to eat.

_____ 11. Food shortages are increased by poor farming practices and lack of irrigation.

_____ 12. Developing countries such as India usually have efficient systems to distribute their food.

_____ 13. The lack of refrigeration in some countries causes the loss of millions of dollars of food.

_____ 14. Only a small part of land on Earth—approximately 11 percent—is suitable for growing crops.

_____ 15. People's eating habits usually change rapidly.

_____ 16. A crop failure in a major food-producing country has little effect on the food problem elsewhere in the world.

_____ 17. Food designed for astronauts in space has resulted in new discoveries in freeze-dried foods.

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_____ 18. The Food and Agriculture Organization (FAO) is an agency primarily concerned with food needs in the United States.

_____ 19. The battle against worldwide hunger has been won due to recent technological advancement.

_____ 20. The United States has an abundant food surplus and can rescue other nations in need of food.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. Nations suffering from poverty with no industry and with limited food production.	A. arable land
_____	2. A prolonged period of dry weather.	B. crisis
_____	3. Substances from plants mixed or used with cereal grains and other foods to provide essential amino acids.	C. deflation
_____	4. An overabundance of people in the world.	D. developed countries
_____	5. Nations that have reached a level of industrialization and food production that provide an adequate standard of living for their people.	E. developing countries
_____	6. Sparse tropical farmland turned into lush, productive areas through technological advancements.	F. drought
_____	7. Area fit for cultivation and for growing crops.	G. famine
_____	8. An extreme lack of food.	H. "green revolution"
_____	9. A rise in prices or a decrease in the purchasing value of money.	I. inflation
_____	10. A turning point, for better or worse, that can result in a crucially unstable state of affairs.	J. population explosion
		K. protein supplements
		L. whey

FOR FURTHER UNDERSTANDING

1. *Sound off!* The struggle for food is as old as history. Express your views on the following food matters in class discussion or on paper.
   (a) Famine in one country can affect other countries in many ways.
   (b) Climate patterns and shifts can sharply reduce food production in the world.
   (c) Wars have been triggered by poverty and food shortages.
   (d) Technology can find new solutions to the problem of world food shortages.
   (e) Millions of people are suffering from some form of hunger.
   (f) Developed countries, including the United States, use far more food per person than developing countries.

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Name _____ Date _____ Class _____

LOOKING BACK

Part 1: Nutrition for Good Health

SCRAMBLEGRAM

How well did you read each chapter? Did you find the big ideas that help you to better understand factors in food and health? Unscramble the word or group of words that complete each important idea. Write the correct terms in the space provided before each statement.

Example: habits Customs and (HTASBI) are passed from one generation to another.

Chapter 1: YOUR FOOD HABITS

_____ 1. (PSSTITUESROIN) are false beliefs often associated with food practices.

Chapter 2: IS OUR FOOD SAFE TO EAT?

_____ 2. The food chain shows the complex problem of processing food to avoid (MASCOTNTINNA).

_____ 3. Food (SFDA) most often are based on misinformation.

Chapter 3: FOOD AND YOUR HEALTH

_____ 4. Your (HTLAHE) is influenced by your heredity, life style, and the food you eat.

_____ 5. Food must be (GTSDEDEI) before the human body can use the food nutrients.

Chapter 4: INTRODUCTION TO NUTRITION

_____ 6. Understanding the science of (TTOURNIIN) can help you have good health.

_____ 7. Nutrients work together as (TSMAE) in the human body.

Chapter 5: MORE ABOUT THE NUTRIENTS

_____ 8. Each nutrient has (CSCIEPIF) functions of its own, and also influences the way other nutrients work in the body.

_____ 9. Essential amino acids must be supplied by (ODFO).

Chapter 6: FOOD CHOICES FOR A DAY

_____ 10. The key to nutrition is to eat many combinations or a (TAVYEIR) of food daily.

_____ 11. (SERROCSEU) are those available items and skills you can use for planning meals and other activities.

Chapter 7: CONTROLLING YOUR WEIGHT

_____ 12. When you eat (EORM) calories or energy units than your body can burn up, you gain weight.

_____ 13. An important step in weight control is selecting nutritious food and (GTCNUONI) calories.

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Chapter 8: MEETING SPECIAL FOOD NEEDS

_____ 14. Food needs change and vary at different stages of the (FIEL YCELC).

Chapter 9: PLANET EARTH: ENOUGH FOOD FOR ALL?

_____ 15. A(n) (LITRANANOITNE) approach is needed to the problem of food shortages.

WORD POWER PUZZLE

Directions: The words in this puzzle have been used in Part I of *Food for Today*. The clue for each word gives a definition, the first letter of each word, and the total number of letters in the word. Read each clue and write the correct answer in the space. Then circle the word in the puzzle. The words are in all directions—down, across, diagonal and forward or backward. The same letter may be in more than one word.

X F V E D T W O K P Y E F P Q M D W E I G H T S A
Q S A D X K K I X E N Y O A R T M B E K M C C A P
E O J D S L N I I B Q P G I J I W U J M G A U U S
P E Y I O W T R F C R O V R N J P Y T D A R H Y L
O Z T V D S O L C O V W R E E R P T I J A B W R W
X Q X B W L B Y T J V W R U U N H A N Z R O F N O
O N N J A H S E X B B A Z H N V E W B P U H T O Y
B A O C P Q I B H J L E E W K M M A D A V Y A I U
N X D I C N X A J S Y A N X F Z N M S R E D T T F
R O N D T V K U U P L K Y C B S T A F Y M R N I Z
H B U P I I D H L T D C Q Q A J L L G B M A O R P
M H V I H T T Q H F Y Q T K C B W B Q A M T I T U
W P U L T I I S O A O W J X T W V S Q J S E T U D
V V Y S T R T V R Y H E E S E O P K R K J S A N R
V X J A R T M D E E I N D R R K W M K J R O L L Q
M N E H K D Y Z A S P A N E I T O P L F R I U X B
S H D T Y H A X K A F U X Z A W L E U T F T P N H
S T N X T E V K D H Y C S U F K K M V E E N O K B
G D I K I E U Q X B T X A J W D O Y S M B G P T Q
K H W B M Y I G O T Q Y A C T Q C T Z H V R R H C
M C P W A M H D H R E G N U H B Y I S Z Y U I P D
N Z T J T H D H U E Q D W M A L W M N B W O T D G
U R J V U C X H H C J T Y J E P C P Z S M V L E H
D J A W W V H V K E O Z L S N G N I M A T I V J Y
Z O N K N Z P H F E H W X F Z B M E Y U R S Z X N

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CLUES FOR WORD POWER PUZZLE

E _____ (6) 1. Active strength to work or act.

H _____ (6) 2. A weak condition caused by lack of food.

C _____ (7) 3. The unit of heat used to measure energy supplied by food.

A _____ (9) 4. A substance added to a food product for a specific purpose.

F _____ (4) 5. A type of oily substance formed in the bodies of animals.

D _____ (4) 6. A special selection of food and beverages for a person.

H _____ (6) 7. Freedom from sickness.

M _____ (8) 8. Substances needed to repair and build body cells.

F _____ (4) 9. Something that people are interested in for a short time.

B _____ (8) 10. A group of very tiny, one-celled living plants, some of which cause disease.

H _____ (6) 11. To act in a certain way through practice.

C _____ (13) 12. A classification for sugars and starches made of carbon, hydrogen, and oxygen.

L _____ (10) 13. Particular ways of living.

V _____ (7) 14. An organic substance essential for normal growth and nourishment of the body.

S _____ (12) 15. A belief or practice founded on mistaken information.

P _____ (7) 16. A necessary nutrient that builds and repairs body tissues.

W _____ (6) 17. The quantity or heaviness of something.

N _____ (9) 18. A series of processes by which food is changed to living tissues.

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U _____ (5)

19. A guide of nutrient needs based on age, weight, height, and life styles.

P _____ (10)

20. The number of people in a given area.

SECRET MESSAGE WRAP UP FOR PART 1

Uncover the "Secret Message" that has particular meaning in Part 1 of your textbook *Food for Today*. Figure out the message by using the code on the left of the page. Look up the number and write down the letter.

Secret Message: 6–15–15–4 2–5–3–15–13–5–19 25–15–21

_____

CODE

A –1
B –2
C –3
D –4
E –5
F –6
G –7
H –8
I –9
J –10
K –11
L –12
M–13
N –14
O –15
P –16
Q –17
R –18
S –19
T –20
U –21
V –22
W–23
X –24
Y –25
Z –26

Weigh the words in the secret message carefully. What ideas, conclusions, and inferences can be drawn? Try to see how the message relates to the chapters in Part 1 of the textbook. Test your interpretation skills by writing a 100–200 word summary of Part 1 using the secret message as the main topic.

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Name _____ Date _____ Class _____

Chapter 10

The Consumer in the Marketplace

To help you to . . .

- *Make careful decisions in the marketplace.*
- *Understand how consumer aids can help you.*
- *Buy food that gives the most value for your money.*

(Text Pages 173–187)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. A consumer is a person who purchases and uses economic goods.

_____ 2. The decision-making process can help consumers make wise choices in the marketplace.

_____ 3. Low-income families in the United States spend a lower percentage of their money on food.

_____ 4. When the demand for food is greater than the supply, prices tend to be higher.

_____ 5. The demand for food has little relationship to the increase in world population.

_____ 6. Shoplifting and careless handling of food by consumers does not add to the price of food.

_____ 7. Buying clubs and co-ops are ways of buying food at a lower price.

_____ 8. Understanding sales techniques used by stores can help you shop for food.

_____ 9. By law, a picture of the product must appear on the food label.

_____ 10. If the label reads "noodles with beef" it means that there is more beef than noodles in the product.

_____ 11. Imported products may have labels printed in a foreign language.

_____ 12. All food stores in the United States have unit pricing.

_____ 13. Unit pricing makes it easier for consumers to figure out the price per unit and make price comparisons among various brands and sizes.

_____ 14. Open dating is usually found on perishable and semi-perishable products.

_____ 15. The aisles, shelves, and displays of food stores are designed specifically to encourage customers to buy.

_____ 16. Most food stores place high-profit items such as baked goods, produce, and milk around the outer sections of the store.

_____ 17. Food stores have less profitable items stacked on shelves at eye level, within easy reach.

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_____ 18. The checkout counter near the entrance is an excellent location to place items for impulse buying.

_____ 19. Studies show that as much as 40 percent of the food dollar can be saved if a shopping list is followed.

_____ 20. Shopping when hungry often results in buying more than you need.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. Specifies the ingredients a product must contain.	A. buying clubs
_____ 2. Choosing something suddenly and without planning.	B. convenience foods
_____ 3. Associations which are incorporated and are composed of people who buy food directly from wholesalers.	C. co-ops
_____ 4. A store in which ready-to-eat food products are sold.	D. delicatessen
_____ 5. The cost per ounce, item, or other convenient measure displayed on a tag attached to the shelf.	E. impulse buying
_____ 6. The total quantity of goods and services for sale at various prices at a given time and the willingness and ability of people to purchase them.	F. interest
_____ 7. Food selling establishments operating mostly on a self-serve basis.	G. open dating
_____ 8. Associations composed of people who buy food directly from wholesalers and who are not incorporated.	H. standard of identity
_____ 9. A system by which prices on food products are totaled by a computer at the checkout counter.	I. supermarkets
_____ 10. A date appearing on packaged food to help you judge the freshness of the food.	J. supply and demand
	K. unit pricing
	L. universal product code

FOR FURTHER UNDERSTANDING

1. *Food shopping facts.* The key to being a smart shopper is to be informed about changes in the marketplace. Answer the following questions:
   (a) List the information which is required by law on food labels.
   (b) Tell how to use unit pricing to compare food prices.
   (c) What is meant by "universal product code"?
   (d) Identify five consumer services which can increase the cost of food in a store.

2. *Shopping lists.* Time, energy, and money can be saved by planning.
   (a) Give five helpful hints in preparing a shopping list at home.
   (b) List ten helpful pointers to practice for smart shopping at the store.
   (c) What practices are used in food stores to encourage impulse buying?

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Name _____ Date _____ Class _____

Chapter 11

Your Buying Guide to Food

To help you to . . .

- *Identify the kinds of food sold.*
- *Judge the quality of food.*
- *Choose the best food for your needs.*

(Text Pages 189–221)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Locally produced raw milk is safe to drink.

_____ 2. Milk contains 87 percent solids and 13 percent water.

_____ 3. The lower the fat content, the less expensive the milk products and the lower the calories.

_____ 4. Cheese is a concentrated form of milk, separated from the liquid of the milk.

_____ 5. Slightly bruised fruits and vegetables are good "buys."

_____ 6. Fresh fruits and vegetables are known as produce.

_____ 7. Mature fruits are those that have reached their full size and are ready to eat.

_____ 8. Immature fruit and underripe fruit mean the same thing.

_____ 9. Most fresh fruits are highly perishable and lose their quality quickly.

_____ 10. The deeper the color of green and yellow vegetables, the greater the amount of nutrients.

_____ 11. Root vegetables should be used within two to five days.

_____ 12. Do not buy damaged, leaking, rusty, or bulging cans of food at any price.

_____ 13. Prime is the grade of meat which has the least amount of marbling.

_____ 14. Most cuts of meat can be identified by the shape of the bone.

_____ 15. Grayness in prepackaged ground meat means that it is spoiled and should not be eaten.

_____ 16. Veal is high in fat content and should be avoided by those on low cholesterol diets.

_____ 17. In figuring meat costs, the price per serving is more important than the price per pound.

_____ 18. Shellfish are lean and low in calories.

_____ 19. In selecting poultry, the grade tells you how tender the bird is.

_____ 20. The price of eggs is primarily determined by their size.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. Gives firmness, color, and flavor to pasta.	A. connective tissue
_____	2. Several items held together with a tape or band and sold as a unit.	B. gluten
_____	3. Includes all macaroni, spaghetti, and noodle products.	C. homogenize
_____	4. Fat flecks throughout meat giving it tenderness and flavor.	D. marbling
_____	5. To heat a liquid at a temperature hot enough and long enough to destroy unwanted bacteria.	E. pasta
_____	6. Fruits at their best state, ready to be gathered and eaten.	F. pasteurize
_____	7. The skeletal framework that adds elasticity to the dough of baked products.	G. durum wheat
_____	8. To add flavor and help preserve pork by adding salt and other chemicals.	H. ripe
_____	9. Requires long, slow cooking to make it tender.	I. age
_____	10. The breaking up of fat globules of milk mechanically into tiny particles to prevent separation of the mixture.	J. underripe
		K. unitized
		L. cure

FOR FURTHER UNDERSTANDING

1. *A consumer guide to cutting costs.* Find hidden leaks in food spending. Develop a checklist of ways to cut down on food costs and still buy things that serve your needs. Example: Buy the right grade of food for the right purpose.
2. *Stretch your food dollars.* Tell why the following statements help to save on food purchases.
   (a) Canned or frozen whole vegetables usually cost more than cut styles.
   (b) A can with bulging ends should not be bought at any price.
   (c) When buying frozen food, you should make sure that the package is firm.
   (d) Fruits and vegetables in season are usually lower in price.
   (e) Price per serving rather than price per pound is a guide for buying meat, fish, or poultry.
   (f) Lower-priced canned vegetables are good choices for soups, stews, and casseroles.
   (g) Domestic cheese costs less than imported.
   (h) Medium-size vegetables are preferable to overly large sized.
3. *Plan meals around meat specials.* Collect meat food ads for several weeks. Supply and demand will affect the different meats advertised. Use these "meat specials" as a basis in planning three balanced meals. Attach the advertisements to the written menus. Estimate the total cost per serving for each meal.

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Name _____ Date _____ Class _____

Chapter 12

How to Store Food

To help you to . . .

- *Understand why food must be properly stored.*
- *Identify the different kinds of food storage.*
- *Store each type of food correctly.*

(*Text Pages 223–235*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. The way food is stored determines how long it keeps its nutrients and quality.

_____ 2. Prompt storage of food at home helps to preserve the quality of the food.

_____ 3. All microorganisms are harmful to the human body.

_____ 4. Cold temperatures help to prevent bacteria from multiplying.

_____ 5. The color of most molds is green.

_____ 6. Microorganisms generally survive best in temperatures from 4 °C to 74 °C [40° F. to 165° F.].

_____ 7. Microorganisms can be destroyed by cooking temperatures above 70 °C [160° F.].

_____ 8. The area under the kitchen sink is a good place to store canned foods.

_____ 9. The refrigerator door shelves are usually warmer than the interior of the refrigerator.

_____ 10. Fruits and vegetables should be stored in the coldest part of the refrigerator.

_____ 11. Most foods can be stored safely for three to four weeks in the refrigerator.

_____ 12. The refrigerator shelves should be lined with foil or wax paper to keep them clean.

_____ 13. Proper freezing and storage of foods require the temperature inside the freezer to be −18 °C [0° F.] or lower.

_____ 14. In wrapping food for freezing, the food should be tightly wrapped and as much air as possible should be squeezed out.

_____ 15. Plastic containers for freezing should be filled to the top to eliminate all air.

_____ 16. Frozen food should be thawed at room temperature.

_____ 17. Milk and cream are highly perishable and should be stored in the coldest part of the refrigerator.

_____ 18. Dry milk mixed with water should be refrigerated the same as fluid milk.

_____ 19. Food should be kept in its wrappings or container while thawing.

_____ 20. Most fruit should be thoroughly washed and dried before storing.

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WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. The recommended temperature for freezing and storing foods in freezer.	A. bacteria
_____	2. Fuzzy microscopic plants that live on food left too long in a warm, moist place.	B. dehydration
_____	3. Removing water from foods.	C. enzymes
_____	4. Very tiny living organisms, some of which cause disease.	D. inventory
_____	5. Poisonous waste products from bacteria capable of causing illness and even death.	E. microorganisms
_____	6. Small plants that can cause some foods to ferment.	F. molds
_____	7. Liable to spoil or decay.	G. perishable
_____	8. Chemical substances that speed up changes in other substances, especially in fruits and vegetables.	H. toxins
_____	9. An itemized list of food on hand.	I. yeast
_____	10. The best range of refrigerator temperature to provide cold storage for perishable foods.	J. 13 °C to 21 °C [55° F. to 70° F.]
		K. 0 °C to 7 °C [32° F. to 45° F.]
		L. −18 °C [0° F.] or lower

FOR FURTHER UNDERSTANDING

1. *Store food promptly and properly.* Money saved at the food store can be lost by careless practices and habits of storage at home. Indicate the *best* ways to store the following foods: (a) fresh vegetables (b) fresh meat (c) leftovers (d) staples (e) frozen foods (f) breads and cereals.
2. *Facts on freezing foods.* Even though freezing does not destroy existing bacteria, it hinders the growth of bacteria and slows down enzyme activity. Explain briefly why the following freezing procedures should be followed.
   (a) Foods should be kept in their wrappings or containers while thawing.
   (b) Do not refreeze foods that have thawed completely.
   (c) Food to be frozen must have airtight coverings.
   (d) Frozen foods should be purchased last at the grocery store.
   (e) Packages to be frozen should have air circulation in the freezer.
3. *Using frozen foods.* Give five advantages of using frozen foods. Are there any disadvantages? Explain.
4. *Food storage inspection.* The proper storage of foods is essential for food safety. (a) Why shouldn't foods be kept in storage cabinets above the range? (b) Give reasons why foods should not be stored underneath the kitchen sink. (c) Why shouldn't refrigerator shelves be covered with waxed paper, foil, or any material? (d) Why is it advisable to have an accurate thermometer in the refrigerator and freezer?

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Name _____ Date _____ Class _____

Chapter 13
Your Kitchen

To help you to . . .

- *Analyze kitchens for efficiency.*
- *Make the best use of your kitchen to meet your needs.*

(Text Pages 237–249)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Ideally, the kitchen should not contain more than three work centers.

_____ 2. When possible, food and utensils should be stored in the location where they are first and most often used.

_____ 3. Each major work center includes a large appliance such as a range, sink, or refrigerator.

_____ 4. It is desirable to have all traffic through the kitchen inside the work triangle.

_____ 5. A pegboard is a decorative addition to the kitchen and useful for hanging utensils and tools.

_____ 6. Kitchens may be updated at low cost by following suggestions in home building magazines.

_____ 7. The best traffic and work pattern is the U-shape kitchen because it usually has the shortest walking distance between appliances.

_____ 8. A corridor kitchen should have a door at each end for good traffic flow.

_____ 9. Water-base paints wash more easily than enamel paints on kitchen walls.

_____ 10. When a fuse "blows" it means that more electricity is flowing through the circuit than the wiring is designed to handle.

_____ 11. Using metal coins or larger fuses in a fuse box can cause the house to catch on fire.

_____ 12. A basic safety rule for all kitchen appliances is that they should be grounded to prevent electrical shock.

_____ 13. New apartments and houses always have adequate wiring for modern appliances.

_____ 14. A one-wall kitchen usually gives the most storage.

_____ 15. A wall outlet with two holes means that the wires have been grounded.

_____ 16. Extension cords are safe to use with portable appliances.

_____ 17. Food, heat, and moisture in kitchens attract insects and other pests.

_____ 18. Plants near kitchen preparation centers should be avoided, even though they are attractive.

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_____ 19. The lower the number, the heavier the wire used in extension cords.

_____ 20. Faulty wiring may cause lights to dim when appliances are used.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. A way of expressing the amount of electrical power.	A. ampere
_____	2. Provides a path for the electricity to travel if something happens to the wiring.	B. circuit
_____	3. A measure of the pressure of electric current.	C. fuse
_____	4. The path of an electric current flowing through wires.	D. grounding
_____	5. A pattern or system of work.	E. kilowatt hours
_____	6. A measure of the volume of electric current.	F. peninsula
_____	7. A kitchen counter extension.	G. receptacle
_____	8. Areas into which kitchens are divided.	H. volt
_____	9. A plug which allows only a limited amount of electricity to pass through each circuit.	I. watt
_____	10. The range, refrigerator-freezer, and sink arranged in a three-pointed pattern.	J. work centers
		K. work flow
		L. work triangle

FOR FURTHER UNDERSTANDING

1. *Working conditions in food preparation.* Write a two or three page report on "Body Mechanics and Working Conditions." Information should be based on research studies found in references in the library. Factors to consider include posture, muscle strain, correct height for sitting, standing, reaching, bending, flooring, carts, lighting, ventilation, table and counter heights, and noise pollution.

2. *Kitchen convenience.* Analyze your kitchen at home. (a) Draw a diagram of the placement of the work centers. Draw in the work triangle and indicate its measurement. (b) What basic kitchen plan does your kitchen have? (c) Explain why you would describe your kitchen as convenient or inconvenient. (d) Suggest some ways to make your kitchen more efficient without remodeling.

3. *Streamline methods of work.* Assume that you will give a party for ten of your friends at home. Suggest ways of planning for the event to reduce work for yourself before, during, and after the party.

4. *Electric cords in your home.* Check the safety of electric cords in your home. What should you look for? What dangers are present if you have frayed or broken electric cords?

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Name _____ Date _____ Class _____

Chapter 14

How To Buy Kitchen Appliances and Equipment

To help you to . . .

- *Understand warranties.*
- *Choose credit terms to meet your needs.*
- *Decide which appliances and equipment are suitable for your needs.*
- *Use and care for appliances and equipment properly.*

(Text Pages 251–270)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. When shopping for an appliance, the best buy is usually the least expensive.

_____ 2. Warranties and seals of approval protect the consumer from faulty merchandise.

_____ 3. Delivery and installation costs of appliances are always included in the quoted selling price.

_____ 4. All manufacturers must issue a warranty on their products.

_____ 5. Some manufacturers have toll-free numbers for you to call for information or complaints.

_____ 6. According to law, lenders must state interest in terms of the actual rate of interest for the year.

_____ 7. Old and new models of appliances by the same manufacturer usually operate similarly.

_____ 8. Studies show that more than one-fourth of all service calls for appliances are unnecessary.

_____ 9. It is not necessary to know the model and serial numbers when appliance repairs are needed, as long as you know the dealer's name.

_____ 10. A refrigerator-freezer with a single outer door should not be used to freeze fresh foods.

_____ 11. The frostless type refrigerator costs less to buy and operate because water is disposed of automatically.

_____ 12. Hot water should be used in a food waste disposer to melt any grease.

_____ 13. On manually defrosted freezers, ice should not be allowed to build up more than 1.3 cm [$\frac{1}{2}''$].

_____ 14. Both gas and electric ranges need a 120-volt outlet.

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_____ 15. In microwave ovens, food heats on the outside first and then heats toward the center.

_____ 16. Wiping spills with cold water on a hot, porcelain enamel range may crack the porcelain finish.

_____ 17. Toothpicks are convenient to use in unclogging gas burner openings.

_____ 18. On a gas range the control should be turned on first before lighting a match for the pilot light.

_____ 19. More bacteria are destroyed by carefully washing dishes by hand with hot suds than by using a dishwasher.

_____ 20. Detachable cords for appliances should be plugged into wall outlet first and then connected to the appliance.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A

_____ 1. Very tiny waves of energy.

_____ 2. A guarantee to the purchaser by the manufacturer for repair or replacement of item within a certain time period.

_____ 3. Small appliances that can be moved from place to place.

_____ 4. Glass fused on steel which is breakable if misused.

_____ 5. A conventional oven with fans which circulate the heated air quickly and speed up the cooking process.

_____ 6. An appliance which is checked, repaired, and is in working condition.

_____ 7. An appliance which has been cleaned, perhaps painted, and is in working condition.

_____ 8. Signing a contract to pay the store for a purchase over a specific time period and in equal monthly payments.

_____ 9. A part located in the oven to generate tiny waves of energy.

_____ 10. Insulated equipment which keeps temperatures of −18° C [0° F.] or below.

Column B

A. convection oven
B. freezer
C. frostless
D. installment plan
E. magnetron tube
F. manual defrost
G. microwaves
H. porcelain enamel
I. portable
J. rebuilt
K. reconditioned
L. warranty

FOR FURTHER UNDERSTANDING

1. *Your kitchen appliances.* If you were setting up your first apartment, what five portable appliances would you most like to have for the kitchen? Why would you select each kind?
2. *Search for practical labor-saving ideas.* Collect and mount pictures of practical storage and energy saving gadgets/aids that would be useful in the kitchen. Consider space and efficiency in making your selection. Mail-order catalogs offer many ideas.

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LOOKING BACK

Part 2: Consumer Decisions

SCRAMBLEGRAM

How well did you read each chapter? Did you find the big ideas that help you to understand the skills needed by consumers to cope effectively in the marketplace? Unscramble the word or group of words that complete each important idea. Write the correct terms in the space provided before each statement.

Example: _____value_____ Consumer aids can help food shoppers get more (ALEUV) for their money.

Chapter 10: THE CONSUMER IN THE MARKETPLACE

_____ 1. Knowing the (PSETS) in making (CONSIIDSE) helps consumers to stretch food dollars.

_____ 2. The economic law of (PYSUPL) and (MDEDNA) is an important reason why food prices fluctuate up or down.

_____ 3. (EPNO GATNID) helps consumers determine the freshness of food.

_____ 4. Consumers can compare similar products and size containers by checking (TUIN) pricing.

_____ 5. Smart shoppers read and understand the (SLAEBL) on food products so they can make intelligent choices.

Chapter 11: YOUR BUYING GUIDE TO FOOD

_____ 6. Intelligent consumers know the (SASTHCRCIARITEC) of freshness and quality in various foods in order to get the most value in money and nutrients.

Chapter 12: HOW TO STORE FOOD

_____ 7. Proper (GASTEOR) helps prevent food spoilage and helps keep the quality of food.

Chapter 13: YOUR KITCHEN

_____ 8. The (MLEPNATCE) of major appliances influences the efficiency in food preparation, serving, and clean-up.

_____ 9. Planned work centers in the kitchen save (EMIT) and (RENYEG) and reduce fatigue.

Chapter 14: HOW TO BUY KITCHEN APPLIANCES AND EQUIPMENT

_____ 10. Stores and manufacturers give written guarantees and warranties to spell out their (BIYLAILTI) to the buyer.

WORD POWER PUZZLE

Directions: The words in this puzzle have been used in Part 2 of *Food for Today*. The clue for each word gives a definition, the first letter for each word, and the total number of letters in the word. Read each clue and write the correct answer in the space. Then circle the word in the puzzle. The words are in all directions—down, across, diagonal and forward or backward. The same letter may be in more than one word.

K M C C K M X I U O K W T V A S Y V F K E X K B G
H K G S L Q Z V Y C G I N E M D L Y X M I X G P O
G C D H Y L S D X I Q O B V G O R M B U N V Z A C
K K Y C G V M P O Z D S R S A U X V O R T D J T P
U M R C T W M S L K D E M E P N R F Y E E Q I Q A
S S O L K O Q W V R C Y S Z O B S D G L R D T B W
W I T A W U P L A B H E C H P V S A J V E K W D A
X Q N F C E T D G A C Y O Y N V R D L R S X U I D
R I E H K H N C Q N R F N N F O T D C M T B V E S
M W V U A A R G A L D Z S D T E L V R T D F T T U
X L N L T A Y I R B Q J U S A F S L N C D S R J K
R I I S V O L R U Z U X M I L D H E E V N J L U O
O F H T E P X V J K J A E V N X M X R E S M P H V
B P P C P T F C I B O W R A M L K N C V L X Z R A
B O I A Y K C W D A U Q M R L W N A S S B S T U U
O R S S W D W F S W S E U A E D L S U N H W Z Q T
P X W K F X E D G N D T T W K P X L E K Y Y C U B
T D T A V T K L L X U S R M T O S P A L C D A L W
B I G J D J F Y A K N E P E A D G Y P W K O N L X
H S B C O B W L B I Z J K P A I Q P Y T G F N O B
L C L A J Q U F E K L R B W S X U T X I G N J C O
H O B V U N K N L W A D N W K S T N M B G S U N D
O U X D V N Z D S M J U S E C U D O R P U B M T L
W N M X Y M F V X P R J O D E C I S I O N S X H J
W T D Q A P O T J W L H C C X X W W A R R A N T Y

CLUES FOR WORD POWER PUZZLE

L _____ 1. Rules recognized by authority as binding.
(3)

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D _____ (6)
2. The need or desire of people for goods and services.

U _____ (4)
3. A governmental agency responsible for interstate shipping of red meats, poultry, and eggs.

C _____ (8)
4. A buyer of goods and services.

S _____ (7)
5. A place where items are kept.

P _____ (5)
6. The amount of money asked or received for getting goods or services.

I _____ (9)
7. A list of items on hand.

I _____ (11)
8. Paying a debt for goods at certain regular times and for specific amounts.

U _____ (2)
9. A certification seal approving electrical items as being safe to use.

M _____ (11)
10. A location where people go to buy and sell goods and services.

S _____ (6)
11. The quantity of goods and services available for purchase or use at stated times.

P _____ (7)
12. Another name for fruits and vegetables.

D _____ (9)
13. The act of making up your mind.

I _____ (8)
14. The price paid for the use of money over a period of time.

L _____ (6)
15. A message attached to products to provide important information to the shopper.

W _____ (8)
16. A seller's statement giving a promise or pledge that item is what it is claimed to be.

S _____ (9)
17. A basis for comparing the quality or value of similar items.

A _____ (10)
18. A household mechanism designed for a particular purpose.

D _____ (8)
19. A reduction from the usual price of an item or service.

C _____ (6)
20. Time allowed for delayed payment due to trust in a person's intention and ability to pay.

SECRET MESSAGE WRAP UP FOR PART 2

Uncover the "Secret Message" that has particular meaning in Part 2 of your textbook *Food for Today*. Figure out the clue by using the code on the left of the page. Look up the number and write down the letter.

Secret Message: 19-13-1-18-20 19-8-15-16-16-9-14-7

_____

19-20-18-5-20-3-8-5-19 13-15-14-5-25

_____

CODE

A -1
B -2
C -3
D -4
E -5
F -6
G -7
H -8
I -9
J -10
K -11
L -12
M-13
N -14
O -15
P -16
Q -17
R -18
S -19
T -20
U -21
V -22
W-23
X -24
Y -25
Z -26

Weigh the words in the secret message carefully. What ideas, conclusions, and inferences can be drawn? Try to see how the message relates to the chapters in Part 2 of the textbook. Test your interpretation skills by writing a 100-200 word summary of Part 2 using the secret message as the main topic.

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Name _____ Date _____ Class _____

Chapter 15
Sanitation and Safety

To help you to . . .

- *Recognize the causes of food-borne illness.*
- *Know how to prevent food-borne disease.*
- *Identify safety hazards in a kitchen.*
- *Use safety practices to prevent accidents in kitchens.*

(*Text Pages 273–285*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Bacterial growth can be controlled by keeping hot foods hot and cold foods cold.

_____ 2. Food contaminated with harmful bacteria always has an odor or an off-flavor.

_____ 3. The body can usually cope with excess amounts of harmful bacteria.

_____ 4. Food poisoning symptoms usually begin from 3 to 12 hours after intake.

_____ 5. Some bacteria are present in the food when you purchase it.

_____ 6. Careful handling of food helps to prevent bacteria from multiplying.

_____ 7. Bacteria must have food, moisture, and the right temperatures in order to grow.

_____ 8. Once hands are washed, the same dishtowel used for wiping dishes and counters can be used to wipe hands.

_____ 9. Utensils used for raw food should be washed and dried before using them for cooked food.

_____ 10. Because bacteria multiply rapidly, cooked food should not be allowed to stand at room temperatures.

_____ 11. Stuffing uncooked meat, poultry, or fish the day before cooking is acceptable as long as food is kept in the refrigerator until ready to cook.

_____ 12. Warming up leftover food at low temperatures is sufficient since it has been previously cooked.

_____ 13. Small quantities of food heat slowly and cook more slowly than large quantities.

_____ 14. It is better to defrost foods in the refrigerator rather than placing them on counters.

_____ 15. Never use a metal object to remove food from an electric appliance while it is still connected to an outlet.

_____ 16. If grease catches fire when frying, cold water should be thrown on it.

_____ 17. Never mix two or more household cleaning products together because they may release poisonous gases.

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_____ 18. Products in aerosol containers should be stored in a cool place and used only in well-ventilated areas.

_____ 19. Bacteria are destroyed at freezing temperatures.

_____ 20. If you get a burn, quickly apply grease, ointment, or oil.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. An organization that protects people from products which may cause injury.	A. National Safety Council
_____ 2. Taking necessary precautions to keep bacteria out of food.	B. botulism
_____ 3. Bacteria often found in improperly canned foods that causes severe illness or death.	C. carbon monoxide
_____ 4. Known as food poisoning.	D. food-borne disease
_____ 5. Bacteria that produces a highly heat-resistant toxin with mild symptoms.	E. perfringen poisoning
_____ 6. Spore-forming bacteria often found at large community dinners and food events.	F. personal hygiene
_____ 7. Seedlike single cells capable of reproduction.	G. salmonellosis
_____ 8. Bacteria often carried by pets, insects, or rodents.	H. sanitation
_____ 9. This can cause death if a charcoal grill is used indoors.	I. shock
_____ 10. Keeping yourself clean to avoid transferring harmful bacteria to food or people.	J. spores
	K. staphylococcal poisoning
	L. U.S. Consumer Product Safety Commission

FOR FURTHER UNDERSTANDING

Safety hints in the kitchen. Taking precautionary measures can lessen the number of needless accidents which occur daily. Give one safety hint for each item below:

(a) Matches
(b) Lighting a gas range
(c) Pans on range surface
(d) Grease fires
(e) Knives
(f) Electric appliances
(g) Floors
(h) Pets
(i) Cleaning products

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Name _____ Date _____ Class _____

Chapter 16
Kitchen Ecology

To help you to . . .

- *Conserve natural resources when preparing food.*
- *Save time and energy in the kitchen.*
- *Organize and simplify meal preparation.*

(*Text Pages 287–305*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. The environment affects the way people think, feel, and act.

_____ 2. Conservation means to keep resources from being used up, as well as using them wisely.

_____ 3. The major natural resources used in the kitchen are fuel, water, and food.

_____ 4. Two personal resources are time and energy.

_____ 5. Electricity can be easily stored in large quantities to help prevent brownouts.

_____ 6. An appliance in poor working condition can often consume more fuel than it would normally.

_____ 7. Dirt and grease accumulations do not affect the efficiency of an appliance.

_____ 8. Surface cooking uses less heat than oven cooking.

_____ 9. Preheating the oven is recommended for all foods.

_____ 10. The temperature inside is affected by opening and closing oven and refrigerator doors.

_____ 11. Metal pans and bakeware absorb and hold more heat than those made of glass ceramic.

_____ 12. Cooked food should be cooled to room temperature before being placed in the refrigerator.

_____ 13. Another term for vegetable cooking liquid is pot liquor.

_____ 14. Ingredients in recipes should be listed in the order in which they are used.

_____ 15. Cooking fat absorbs odors from strong-flavored foods.

_____ 16. Foods that are boiled cook more quickly at high altitudes.

_____ 17. Food baked onto pots and pans should be soaked in cold water.

_____ 18. Leavened products, such as cakes and breads, rise more slowly at higher altitudes.

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_____ 19. Pre-preparation and assembling needed items before you begin to work are basic principles in working efficiently.

_____ 20. For efficient use of energy, pans should be slightly smaller than the surface unit.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. Little or no leftover food to be thrown away.	A. altitude
_____	2. The relationship between people and their environment.	B. brownout
_____	3. An occurrence caused by a greater demand for electricity than the supply available.	C. conservation
_____	4. The number of servings or pieces.	D. ecology
_____	5. Any food that is no longer suitable for eating.	E. food waste
_____	6. To reprocess used products so they can be used again.	F. pollution
_____	7. Instructions for preparing food.	G. portion control
_____	8. Action or process of getting ready for use ahead of time.	H. pre-preparation
_____	9. The distance or height of land above sea level.	I. recipe
_____	10. To make unclean or contaminate.	J. recycle
		K. smoking point
		L. yield

FOR FURTHER UNDERSTANDING

1. *Be an energy "waste watcher."* Make a list of those items that require electricity or fuel which you consider as essential to your life style. For example, color television may be considered either as a necessity or a luxury. Make another list of energy users that you could live without. Do your lists differ from your classmates? Why?

2. *Energy management.* Suggest two conservation efforts that can be taken in each of the following areas: (a) using the range (b) using the refrigerator/freezer (c) using portable appliances.

3. *Sound off on how pollution will affect our future.* Discuss in small groups and report to class on the following environment problems:
   (a) Air pollution. What causes it? How does it affect humans? What measures can be taken to remedy the problem?
   (b) Water pollution. Many of our streams, rivers, and lakes are foul. Where does your community get its water? Name some industrial uses of water. What can you do as an individual in your community to lessen water spoilage?
   (c) Noise pollution. Kitchen devices are known to create high noise levels and can cause such problems as irritation, headaches, and upset stomachs. Suggest ways to cut down on noise in the kitchen.

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Chapter 17

Preparing Dairy Foods

To help you to . . .

- *Understand what happens to milk and cream when they are cooked or frozen.*
- *Choose ways to serve cheese and milk products.*
- *Select the correct procedures for cooking milk and cheese.*

(*Text Pages 307–311*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Dairy foods such as milk, cream, and cheese provide valuable nutrients to the human body.

_____ 2. Lactose, the sugar in milk, turns brown when milk is overheated.

_____ 3. To prevent scum from forming when heating milk, cover the pan or stir the milk constantly as it cooks.

_____ 4. Acids, such as lemon juice, cause milk to curdle.

_____ 5. Milk reacts more quickly than cream to heat and acid.

_____ 6. Milk should be cooked rapidly to avoid curdling.

_____ 7. Beating keeps crystals from forming in frozen mixtures.

_____ 8. Cheddar cheese tastes best when served directly from the refrigerator.

_____ 9. Cheese should be cooked at high temperatures because it is high in protein and fat.

_____ 10. Non-dairy whipped toppings and whipped cream have about the same number of calories.

_____ 11. Fresh fruit and vegetables are poor accompaniments for cheese dishes.

_____ 12. Dry milk is a convenient form of milk which is ideal for cooking.

_____ 13. Cheese lacks versatility and therefore, is not a convenience food.

_____ 14. Non-dairy whipped toppings are made from vegetable oils that have been whipped, flavored, and stabilized.

_____ 15. Cheese dips are difficult to make at home.

_____ 16. Dry milk requires refrigeration and is not a good choice for camping trips or cookouts.

_____ 17. Cheese becomes tough and rubbery if cooked at too low a temperature.

_____ 18. A double boiler is used in cooking when a higher heating temperature is needed.

_____ 19. Cooking time can be shortened by cutting cheese into small pieces.

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_____ 20. Bread crumbs help protect cheese dishes from burning.

WORDS AT WORK

Score _____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. The sugar in milk.	A. bombe
_____	2. The formation of many small lumps in milk.	B. cheddar cheese
_____	3. A group of foods that provide calcium, riboflavin, and vitamins A and D.	C. cottage cheese
_____	4. Skin formed on the surface of dairy products when heated.	D. curdle
_____	5. Perishable cheese that should be served chilled.	E. double boiler
_____	6. Two or more flavors of ice cream packed in a mold and frozen.	F. lactose
_____	7. Frozen whipped cream or whipped topping, sweetened and flavored.	G. Milk Group
_____	8. To heat milk just below boiling temperature until bubbles appear around the sides of the pan.	H. Meat Group
_____	9. A utensil in which water is placed in the bottom pan and food in the upper one.	I mousse
_____	10. For best flavor serve this type of cheese at room temperature.	J. scald
		K. scum
		L. sucrose

FOR FURTHER UNDERSTANDING

1. *Milk in the diet.* Answer the following questions about your use of milk: (a) Suggest some ways you can keep costs down and yet get the necessary amounts of milk for your bodily needs. (b) Try to determine how much of the food money your family spends each week goes for milk. (c) How much money is spent on soft drinks each week? (d) What conclusions can you draw from your findings concerning costs, convenience, nutrition, and preferences?
2. *Food history.* Explore the history of one of the foods below and write a brief report. Include the food value, varieties available, how to store, and serving suggestions. Choose one: ice cream, yogurt, cheese, milk, butter, margarine.
3. *Milk cookery.* List five guidelines to follow when cooking with milk.
4. *Serve cheese creatively.* Describe two ways in which cheese can be used for each of the following purposes: (a) appetizers (b) main course (c) salads (d) desserts.
5. *Sanitation of milk.* Investigate the regulations and ordinances that apply to the production and sale of dairy products in your area. Report to the class.

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Name _____ Date _____ Class _____

Chapter 18

Preparing Breads and Cereals

To help you to . . .

- *Recognize how each ingredient functions in cakes, cookies, pastries, and breads.*
- *Understand why specific methods are used to prepare cakes, cookies, pies, and breads.*
- *Select the proper methods to cook and use cereal products.*

(Text Pages 313–331)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Most baked products have the same basic ingredients.

_____ 2. Cake flour is used for most baked products.

_____ 3. The greater the amount of gluten in the flour used, the finer the texture of the cake.

_____ 4. Water and milk are the liquids most commonly used in baking.

_____ 5. The four basic types of leavening are air, steam, yeast, and gas formed by chemical action.

_____ 6. Flour gives the structure to a baked product.

_____ 7. Following the exact temperature in the recipe is essential in baking any leavened product.

_____ 8. Oven racks should be adjusted and level after the oven temperature is set.

_____ 9. When the oven temperature is too high, the crust forms too fast and the product cannot expand sufficiently.

_____ 10. There are four basic kinds of cookies—bar, drop, rolled, and molded.

_____ 11. If you do not have the correct size pan in baking, another size may be easily substituted.

_____ 12. Butter or margarine should be used to grease baking pans.

_____ 13. Cakes without shortening, such as angel food, should be baked in floured pans.

_____ 14. Unshortened cakes depend on air beaten into egg whites for leavening.

_____ 15. When an unshortened cake is done, it will pull away from the sides of the pan.

_____ 16. The oven should be preheated before baking breads, pies, cakes, or cookies.

_____ 17. Large tunnels are formed when muffins are understirred.

_____ 18. For flaky pastry it is safer to mix the dough too little rather than too much.

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_____ 19. Quick breads are prepared by either the muffin method or the biscuit method.

_____ 20. Yeast bread must be allowed to rise twice—once after it is mixed and kneaded, and again after it is shaped.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. A thin mixture which can be poured for baking.	A. batter
_____	2. A concentration of heat causing a product to overbrown in that area.	B. biscuit method
_____	3. A method by which all ingredients except egg whites and cream of tartar are beaten together.	C. chiffon-cake method
_____	4. This causes a baked product to rise by producing air or gas which expands in the cells of the mixture.	D. cornstarch
_____	5. A mixture for baking which is stiff enough to be handled and shaped.	E. dough
_____	6. A method in which liquid is poured all at once into the flour mixture and stirred only until the flour is moistened.	F. flour
_____	7. Term applied to flaky baked products.	G. hot spot
_____	8. A method in which shortening is cut into the flour until the mixture resembles coarse crumbs.	H. leavening agent
_____	9. Cooked in boiling water before being used in a recipe or eaten.	I. muffin method
_____	10. Thickens a baked product without causing it to turn opaque.	J. pasta products
		K. pastry
		L. shortened cakes

FOR FURTHER UNDERSTANDING

1. *Basic baking ingredients.* The type and quantity of each basic ingredient will affect the characteristics of the final baked product. Describe the functions of each of the following: (a) flour (b) liquid (c) leavening agent (d) sugar (e) salt (f) fat (g) eggs.
2. *Types of cakes.* Describe the differences between shortened and unshortened cakes.
3. *Shortened cakes.* There are three methods for preparing shortened cakes. List and briefly describe each method.
4. *Baking quick breads.* (a) What are the differences between quick breads and yeast breads? (b) List the basic steps in the muffin method of combining ingredients. (c) List the basic steps in the biscuit method.
5. *Pastry making.* All methods of pastry making require little handling of ingredients. (a) Why is a minimum of liquid added and mixed as little as possible? (b) How is flakiness produced? (c) What happens when pastry is overhandled?
6. *Yeast breads.* (a) What forms of yeast are commonly used in baking? (b) How should each form be stored? (c) How can you tell when dough has risen sufficiently?

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Name _____ Date _____ Class _____

Chapter 19

Preparing Fruits and Vegetables

To help you to . . .

- *Decide how to serve fresh fruits and vegetables.*
- *Understand how cooking affects fruits and vegetables.*
- *Select the correct methods for cooking fruits and vegetables.*
- *Prepare a variety of salads.*

(Text Pages 333–347)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Most fresh fruit is low in calories.

_____ 2. Cooking breaks down the fiber of fruit and makes it easier to digest.

_____ 3. Fruits containing vitamin C should be thoroughly cooked.

_____ 4. Strong-flavored vegetables, such as onions and cabbage, become even stronger when overcooked.

_____ 5. Large amounts of water should be used in cooking vegetables because many nutrients are water soluble.

_____ 6. Broth or bouillon can be substituted for water in preparing vegetables.

_____ 7. Baking soda helps to retain the green color and the vitamins of cooked vegetables.

_____ 8. Red vegetables contain chlorophyll.

_____ 9. Fruits and vegetables become hard when overcooked.

_____ 10. When cooking vegetables, add salt at the beginning of the cooking period.

_____ 11. The color of vegetables helps indicate the proper cooking time and method.

_____ 12. A small amount of acid in cooking water will help red vegetables retain their color.

_____ 13. Any cooking liquid left after vegetables have cooked should be discarded.

_____ 14. A pressure cooker should be used for vegetables that require a short cooking time.

_____ 15. Vegetables should be cooked in a small amount of water.

_____ 16. Salads can be grouped into four basic kinds—vegetable, fruit, protein, and gelatin.

_____ 17. It is best to cut rather than tear salad greens to prevent edges from turning brown.

_____ 18. Since frozen vegetables are not precooked, they require a longer cooking time than for fresh ones.

_____ 19. Fresh pineapple added to gelatin salads helps gelatin to thicken.

_____ 20. The three basic kinds of salad dressings are french, mayonnaise, and cooked.

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WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. A green coloring matter found in some vegetables.	A. alkalies
_____	2. Vegetables and fruits that have been precooked.	B. frozen
_____	3. A seasoning which helps to bring out the flavor of vegetables in cooking.	C. carotene
_____	4. A nutrient that is destroyed by heat and exposure to air.	D. chlorophyll
_____	5. Breaks down fiber so vegetables can be easily chewed and digested.	E. cooking
_____	6. The process by which vegetables lose nutrients and flavor and undergo color changes.	F. flavones
_____	7. Pigments which are soluble in water and cause white vegetables to darken.	G. gelatin
_____	8. Substances found in varying amounts in hard water.	H. overcooking
_____	9. Can be an appetizer or an accompaniment to a main dish.	I. protein
_____	10. Gives color to yellow and orange vegetables and is a source of vitamin A.	J. salt
		K. salad
		L. vitamin C

FOR FURTHER UNDERSTANDING

1. *Food varieties.* (a) List at least four ways people can try to cultivate taste for a greater variety of fruits and vegetables. (b) Suggest various ways of serving fruits to give variety to breakfasts and lunches.

2. *Cooking vegetables.* (a) Give three reasons why vegetables are cooked. (b) What is meant by "water-soluble vitamins" in vegetables? How does this affect the way that vegetables are cooked? (c) What special care is needed to retain the natural color of many vegetables?

3. *Salad basics.* (a) Why should salad greens be washed and blotted dry before preparing them? (b) Why should dressing be added just before serving salads? (c) Why should salad greens be torn into pieces rather than cut?

4. *Experiment with lettuce.* Wash lettuce, drain well, and separate into half. Place one part in a covered container or plastic bag. Place the other half in the refrigerator without covering. Check for crispness of each half on the next day. What conclusions can be made?

5. *Be a salad designer.* Learn to experiment with mixing and matching colors, flavors, textures, shapes, and ingredients. Suggest foods that you think will blend well with the following fruits and vegetables. Example: Beets with—cucumbers, pickle relish, and onions. (a) cabbage (b) peas (c) carrots (d) green beans (e) tomato (f) spinach (g) apples (h) bananas (i) pears (j) grapefruit (k) oranges.

6. *Using legumes.* Plan and prepare a vegetable plate using legumes as the protein food. Consider nutrients, color, and texture. Example: Lima beans, corn on the cob, carrots, and sliced tomato on lettuce. Indicate in which food group each food belongs.

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Name _____ Date _____ Class _____

Chapter 20

Preparing Meat, Poultry, Fish, and Eggs

To help you to . . .

- *Understand how and why high-protein foods react to different cooking methods.*
- *Identify methods for cooking high-protein foods to retain nutrients.*
- *Use correct cooking methods to bring out the best flavor, color, and texture in high-protein foods.*

(Text Pages 349–365)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. High-protein foods should be cooked at high temperatures.

_____ 2. Overcooking destroys protein.

_____ 3. Acids, such as lemon juice and tomatoes, help to make meat more tender.

_____ 4. Tender cuts of meat are usually best cooked in dry heat.

_____ 5. Pork must be cooked to well done to prevent possible intestinal illness.

_____ 6. Low temperatures cause greater shrinkage in meat than high temperatures.

_____ 7. When meat is cooked beyond the recommended internal temperature, it becomes dry and tough and shrinks.

_____ 8. Salt should be added to meat before it is broiled or panbroiled.

_____ 9. Stuffing should be placed in poultry just before roasting to prevent the growth of harmful bacteria.

_____ 10. Chicken, turkey, duck, and goose are classified as poultry.

_____ 11. As a rule, fat in poultry is found just under the skin instead of distributed throughout the meat.

_____ 12. Pink coloring in cooked poultry means that it is not cooked long enough.

_____ 13. Fish and shellfish have connective tissue which makes them tender.

_____ 14. Fish can become mushy, tough, and rubbery if overcooked.

_____ 15. Eggs, unlike meats, are low-protein foods.

_____ 16. Eggs should be boiled to be sure the yolk is cooked.

_____ 17. The gray-green discoloration on some hard-cooked eggs is due to overcooking.

_____ 18. Once an egg mixture curdles, it cannot be made smooth again.

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_____ 19. When an egg white is beaten or whipped, it becomes thick and turns colorless and transparent.

_____ 20. Eggs serve as emulsifying agents to keep ingredients from separating.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. To bind the legs and wings to make poultry compact for cooking.	A. au jus
_____	2. A mixture of beaten egg whites, yolks, and cream sauce.	B. brown soup stock
_____	3. Cooking meat sufficiently to different desired levels.	C. degree of doneness
_____	4. Intestinal illness caused by a parasite in pork.	D. internal temperature
_____	5. Seasoned, light-colored liquid made from veal or chicken.	E. meat tenderizer
_____	6. Contains a protein-digesting enzyme to break down the connective tissue in meat.	F. meringue
_____	7. To become unfrozen.	G. omelet
_____	8. A measure of the degree of doneness inside the fleshiest part of meat.	H. soufflé
_____	9. Egg dish in the form of a thick pancake.	I. thaw
_____	10. Seasoned, dark-colored, rich liquid made from beef meat and bones.	J. trichinosis
		K. truss
		L. white soup stock

FOR FURTHER UNDERSTANDING

1. *Facts on meat cooking.* Give reasons for the following guidelines: (a) Meat should be cooked at a low temperature. (b) Insert a meat thermometer in the thickest part of lean meat to avoid touching bone or fat.
2. *Meat tenderness.* (a) What are two factors affecting the tenderness of meat? (b) Describe four methods of tenderizing the less tender cuts of meat.
3. *Temperature control.* (a) How is the length of cooking time of meat determined? What must be considered? (b) What is the relationship between the degree of "doneness" in meat and meat shrinkage?
4. *Poultry cooking.* (a) What causes the pink coloring and dark coloring often found in cooked poultry? (b) How can you test poultry for doneness? (c) Why is it safest to cook dressing separately from poultry?
5. *Fish facts.* (a) How can you tell when fish is cooked to doneness? (b) What happens to fish when overcooked?
6. *Scrambled eggs.* Use a basic recipe for scrambled eggs. Have two different types of utensils to prepare the eggs—a skillet and a double boiler. Examine the final products for any differences due to the use of different equipment. Which method do you prefer? Why?

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Name _____ Date _____ Class _____

Chapter 21

Preserving Food at Home

To help you to . . .

- *Determine when you can save money and time by preserving food at home.*
- *Understand why exact methods must be used for canning and freezing food.*
- *Follow correct procedures in freezing and canning fresh fruits and vegetables.*

(Text Pages 367–375)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. To preserve means to can or freeze food for future use.

_____ 2. You can always save money by preserving food at home.

_____ 3. To speed up the preservation process, it is permissible to take shortcuts with recipes and preparation methods.

_____ 4. Fresh fruits and vegetables should be frozen slowly to avoid the formation of large ice crystals which damage the texture.

_____ 5. Vapor-moisture-proof containers or heavy-duty plastic bags must be used to package and preserve fruits and vegetables.

_____ 6. Cloudy liquid and gas bubbles are signs of spoilage in canned foods.

_____ 7. Citrus fruits freeze well.

_____ 8. The use of sugar, sugar syrup, or ascorbic acid help to stop enzyme action in fruits before they are frozen.

_____ 9. Ordinarily, home-frozen fruits and vegetables can be stored in a freezer at −18 °C [0° F.] for eight to twelve months.

_____ 10. Bacteria causes food to become slimy, soft, and sometimes gives canned food an odd flavor, called flat sour.

_____ 11. Jars and lids used for canning food must be in perfect condition.

_____ 12. Jars from commercial products such as mayonnaise can be used safely for home canning.

_____ 13. The hot-pack method which calls for a short precooking may be used for almost all fruits and vegetables.

_____ 14. The raw-pack or "cold pack" method is used only for canning fruits.

_____ 15. Cooking food before packing kills all of the harmful microorganisms.

_____ 16. In home canning, foods are divided into high-acid and low-acid categories.

_____ 17. Low-acid foods need higher temperatures to kill microorganisms, so they must be processed by steam under pressure.

_____ 18. Never can jars of food by processing in an oven.

_____ 19. Never eat home-canned vegetables and other low-acid foods without boiling them for at least ten minutes.

_____ 20. Jelly is made by cooking fruit, extracting the juice, and combining it with sugar.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. Processing food at a boiling temperature of 100 °C [212° F.] or above.	A. blanching
_____ 2. A small amount of precooking to stop enzyme action.	B. botulism
_____ 3. A canning method used for jellies only.	C. brine
_____ 4. The liquid bubbles on the surface of an opened jar.	D. canning
_____ 5. Dangerous bacteria which multiply in tightly sealed jars of low-acid foods.	E. fermentation
_____ 6. Sometimes called boiling water bath process for high-acid foods.	F. flat-sour
_____ 7. Preserves food at a temperature of −18 °C [0° F.] or below.	G. freezing
_____ 8. Pickled foods, sauerkraut, tomatoes, and fruits.	H. high-acid foods
_____ 9. A canning method used for all low-acid foods.	I. hot water bath method
_____ 10. Very salty water used to pickle foods.	J. open kettle method
	K. steam pressure method
	L. low-acid foods

FOR FURTHER UNDERSTANDING

1. *Changing life styles.* Describe how commercial canning and freezing have brought about changes in our eating habits.

2. *Preparation for preserving food.* (a) What cleanliness practices should be observed when preserving food? (b) Why isn't it advisable to take shortcuts? (c) Give several advantages and disadvantages of preserving food at home. (d) Explain the differences between jelly, preserves, marmalades, jams, and conserves. (e) How should high-acid foods be processed? (f) How should low-acid foods be processed?

3. *Freezing fruits and vegetables.* (a) What five guidelines should be followed when using the freezing method of home preserving? (b) Cut an apple into sections. Dip one section in water and another in lemon juice or ascorbic acid, then place on a plate. After half an hour, compare the apple sections. What conclusions can be drawn for home freezing fruits?

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Name _____ Date _____ Class _____

Chapter 22

Serving and Eating Food

To help you to . . .

- *Serve food to make eating a pleasurable occasion.*
- *Understand what is considered acceptable behavior while eating.*
- *Know how to serve food for guests.*

(Text Pages 377–396)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. China is also known as porcelain.

_____ 2. Because china is porous, it is likely to collect bacteria when chipped.

_____ 3. Scouring pads and powders can be used safely in removing difficult food particles from dinnerware.

_____ 4. By law, sterling silver must contain 50.5 percent silver.

_____ 5. In setting a table, each type of flatware is placed in order of its use while eating.

_____ 6. In passing food it is best to avoid confusion by passing it in the same direction, generally to the left.

_____ 7. One disadvantage of family style service is the temptation to overeat.

_____ 8. Chicken may be eaten with the fingers at an informal restaurant.

_____ 9. Eating behavior and table settings are similar from country to country.

_____ 10. It is proper to give the older person's name last when introducing a younger person to an older person.

_____ 11. Tumblers and stemware are different types of glassware.

_____ 12. Flatware refers to the utensils used in cooking foods.

_____ 13. Table linens usually consist of tablecloths, runners, placemats, and napkins.

_____ 14. Earthenware, ironstone, and stoneware are all names for the same type of dinnerware.

_____ 15. Food served on plates makes it possible to control portions and helps cut down food costs and waste.

_____ 16. Formal and buffet styles are two different ways that food may be served.

_____ 17. Food and friends make an excellent combination for sociable get-togethers.

_____ 18. It is not the party giver's responsibility to introduce guests to one another.

_____ 19. Planning parties around a theme provides ideas for food and decorations.

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_____ 20. Cold water should be used to prepare coffee.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. Food placed in serving dishes and passed from one to another at the table.	A. buffet
_____	2. Short bamboo sticks used to pick up food and transfer it to the mouth.	B. tea
_____	3. A glass-like protective finish given to dinnerware.	C. chopsticks
_____	4. A food arrangement in which people serve themselves from an assortment of food.	D. Continental system
_____	5. A European method of using forks and knives.	E. cover
_____	6. This means please reply to an invitation.	F. crystal
_____	7. Items of table service of dishes, flatware, glasses, and linen for one person.	G. custom
_____	8. Tableware that can be purchased separately, piece by piece and at different times.	H. china
_____	9. Clear glass in a variety of qualities.	I. family style
_____	10. Classified as oolong, black, and green varieties.	J. glaze
		K. open stock
		L. R.S.V.P.

FOR FURTHER UNDERSTANDING

1. *Good manners.* Explain whether you agree or disagree with the following definition: "Good manners are intelligent kindness, based on consideration for other people rather than ourselves."

2. *When should you say "thank you"?* Most people appreciate thoughtfulness by others. (a) How do you feel when someone expresses appreciation to you? (b) Identify five or more situations when you think a person should express particular appreciation. Compare your ideas with those of your classmates.

3. *Table setting know-how.* Draw a place cover showing where to put each piece of tableware for an informal dinner. Code each sketch with the appropriate letter(s). (a) salad plate (b) napkin (c) butter knife (d) bread and butter plate (e) fork (f) glass (g) dinner plate (h) knife (i) spoon (j) cup and saucer.

4. *Before you buy.* A consumer should be aware of basic features to look for in making specific purchases. List at least three considerations to keep in mind before buying (a) glassware (b) dinnerware (c) flatware.

5. *Creative centerpieces.* Selections should reflect the theme of the occasion and the imagination of the party giver. Mount five to ten creative ideas for center pieces from magazines, or sketch your own. Keep low cost in mind in making your selections. Share these ideas with other class members.

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Name _____ Date _____ Class _____

LOOKING BACK

Part 3: Food Preparation and Service

SCRAMBLEGRAM

How well did you read each chapter? Did you find the big ideas that help you to better understand food preparation and service? Unscramble the word or group of words that complete each important idea. Write the correct terms in the space provided before each statement.

Example: circulate Heated air in an oven must be allowed to (ETCUALIRC) around pans freely.

Chapter 15: SANITATION AND SAFETY

_____ 1. (TACBRAIE) need food, warmth, moisture, and time to grow and multiply.

_____ 2. Personal (SNAIESECNLL) is of prime importance when working with food.

Chapter 16: KITCHEN ECOLOGY

_____ 3. Good (ATMGEMNANE) practices help you to save time, energy, and money.

_____ 4. (YREGEN) problems arise because there is not sufficient supply to meet the consumer demand.

Chapter 17: PREPARING DAIRY FOODS

_____ 5. A slow, low heat is required when cooking with (IDYRA) products.

Chapter 18: PREPARING BREADS AND CEREALS

_____ 6. (ZASTRDDEIADN) recipes should be used in preparing baked products to insure good results.

Chapter 19: PREPARING FRUITS AND VEGETABLES

_____ 7. Cooking breaks down the cellular structure of vegetables so they become easier to chew and (TIEDGS).

Chapter 20: PREPARING MEAT, POULTRY, FISH, AND EGGS

_____ 8. Generally, the higher the cooking temperature, the greater the (KGHIENARS) of meat.

Chapter 21: PRESERVING FOOD AT HOME

_____ 9. Food (TONPVIAESRRE) methods aim to slow down or stop chemical reactions that cause spoilage.

Chapter 22: SERVING AND EATING FOOD

_____ 10. An attractive table setting can create a pleasant (PEATOSMERH) for eating.

WORD POWER PUZZLE

Directions: The words in this puzzle have been used in Part 3 of *Food for Today*. The clue for each word gives a definition, the first letter of each word, and the total number of letters in the word. Read each clue and write the correct answer in the space. Then circle the word in the puzzle. The words are in all directions—down, across, diagonal and forward or backward. The same letter may be in more than one word.

U X V A E H B R M V H N S Z H F R C G M J Z L K P
F D D Y G G L Y A G H M B P R R B S U E T A V T Q
Y W R J K C A N U R X Q J S A B H Z Y Z F R B G K
O L A Y M O N G V T K I S N O I T U L L O P B V E
J T K G T I C M Q N K T K H Y A U A Z G L C B Y J
C N H O A O H E C X U Y R T S A P L I G O A R F N
U S T L I I O F N B B H Y G I E N E N V H M X G O
P A M O H L Z L A O L G N R Y Z H O E S E P Y V I
Q D W C Q S V Y T S C J I L J I L R R C G D W J T
S A F E T Y G U C H Z Q F K Q B Q R S S E E V R A
S P E N K F L E L C Y C E R L G H U L Y V R X A V
M V R L U I A F T X T M N L O L M I L I B P G F R
H N O Y S C R E J D P B W O Z K Y Z W X Y R M F E
Q A S M J Q W E X U M D N W I X Z H O D Y Y A D S
U B E K F A M Q T E X K V E C T L B P E W B F T N
F C U V I J P L O T G Y B L T N A B D O D O X T O
X I M F H B L E J Y A T W D F Y Z T A A R T U Z C
L Q W Y F V S B H U R B E R A K K Z N Q A O V B V
X L P B X E G R K Q Q S X U D C T K G E Y B L T T
O J V Q Q R T O R Q E H E C T T W M V A M U J H S
S X Q L W J X W E D Z Y L S S S R E J D P R E H C
Y L O D R B P N J A Z E R S E N O V A L F A E S O
D O Y C E J P O C N O I T A R A P E R P T E R F I
T E O Z N T N U K O U O F S A N I T A T I O N N Q
G I Z E T V H T W I C K X B O T U Y Z Q Q I J H L

CLUES FOR WORD POWER PUZZLE

S _____ (6)

1. Freedom from possible injury.

P _____ (6)

2. Flaky baked goods made of dough.

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B _____ (6) 3. A preparation method which puts food in boiling water for a short time.

B _____ (8) 4. An occurrence caused by the demand of electricity being greater than the supply.

F _____ (12) 5. A chemical change causing liquid to bubble on the surface of jars indicating spoilage.

C _____ (5) 6. A term used to describe a table setting for one person.

R _____ (7) 7. To reprocess products so they can be used again.

S _____ (10) 8. Practical ways of preventing the spread of disease.

B _____ (8) 9. A deadly bacteria that may be present in improperly canned foods.

C _____ (11) 10. A pigment that gives the green color to some vegetables.

C _____ (12) 11. The preservation and wise use of natural resources.

F _____ (8) 12. Pigments which are soluble in water and cause white vegetables to darken.

P _____ (9) 13. To make unclean by the addition of impurities.

B _____ (6) 14. A counter where food and beverages are served.

B _____ (6) 15. Thin baking mixtures which can be poured.

H _____ (7) 16. Rules to follow for good health.

P _____ (11) 17. The process of making something ready for use.

R _____ (4) 18. An abbreviation which means "please answer."

E _____ (7) 19. The study of the relationship of living things to their surroundings.

C _____ (6) 20. A separation of liquid with small lumps.

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SECRET MESSAGE WRAP UP FOR PART 3

Uncover the "Secret Message" that has particular meaning in Part 3 of your textbook *Food for Today*. Figure out the clue by using the code on the left of the page. Look up the number and write down the letter.

Secret Message: 19-1-6-5-20-25 6-9-18-19-20 1-14-4

_____

19-1-14-9-20-1-20-9-15-14 1-12-23-1-25-19

_____

CODE

A -1
B -2
C -3
D -4
E -5
F -6
G -7
H -8
I -9
J -10
K -11
L -12
M-13
N -14
O -15
P -16
Q -17
R -18
S -19
T -20
U -21
V -22
W-23
X -24
Y -25
Z -26

Weigh the words in the secret message carefully. What ideas, conclusions, and inferences can be drawn? Try to see how the message relates to the chapters in Part 3 of the textbook. Test your interpretation skills by writing a 100–200 word summary of Part 3 using the secret message as the main topic.

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Chapter 23
The Art of Creative Cooking

To help you to . . .

- *Cook creatively on a budget.*
- *Add finishing touches to food.*
- *Select and prepare foods to give as gifts.*

(*Text Pages 399–415*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Crepes are very thick pancakes rolled with a filling.

_____ 2. It is difficult to cook creatively on a low or limited budget.

_____ 3. A flan is made in a pie-sized pan with straight, fluted sides.

_____ 4. Fresh herbs are more concentrated than dried ones and therefore less should be used in a recipe.

_____ 5. Most spices can be classified as "hot" or spicy seasonings.

_____ 6. Blends are mixtures of spices and herbs, usually in liquid form.

_____ 7. There is no wrong or right seasoning to use with each food.

_____ 8. Herbs and spices should be placed in clear glass jars because light is necessary to preserve their flavor.

_____ 9. Spices and herbs dry out with age and lose their aroma.

_____ 10. Cooking increases the strength of the herb and spice flavors.

_____ 11. When food is cooked for hours, such as stew or pot roast, it is best to add seasonings at the beginning.

_____ 12. When giving a gift of food, it is usually best to try exotic or unusual recipes.

_____ 13. Tossed salad and Caesar salad have the same ingredients.

_____ 14. A garnish should be edible and compatible with the food on which it is served.

_____ 15. Less expensive cuts of meat should not be substituted for expensive cuts in gourmet recipes.

_____ 16. Candies that are cooked are divided into crystalline and noncrystalline types.

_____ 17. Shortcuts in recipe instructions can be tried when preparing candy.

_____ 18. Candies are made by boiling a sugar and liquid mixture to a certain temperature.

_____ 19. Many specialized pans, such as pizza and tart pans, are necessary for creative cooking.

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_____ 20. Toppings added to casseroles keep mixture from drying out.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. Decorative arrangements of edible food, used to improve the appearance of a dish.	A. blends B. creative cooking C. crepes D. crystalline candies E. decorating tube F. flan G. garnishes H. casserole I. herbs J. noncrystalline candies K. prosciutto L. spices
_____	2. An expensive Italian ham.	
_____	3. The leaves of plants, usually grown in the temperate climate zone, that are used as fresh or dried seasonings.	
_____	4. Examples are fondant and fudge.	
_____	5. An artistic way of preparing and serving food.	
_____	6. Creates different designs for finishing touches on food.	
_____	7. Examples are brittles, caramels, and taffies.	
_____	8. Dried roots, stems, and seeds of plants grown mainly in the tropics.	
_____	9. Small, very thin pancakes.	
_____	10. An excellent way to use leftover food.	

FOR FURTHER UNDERSTANDING

1. *History of seasonings.* Spices and herbs have a long and fascinating history and are used in most popular foods. Select one spice or herb and trace its historical development and its contribution to food cookery. Write a report on your findings.
2. *Garnish for festive feasting.* Garnishes give eye appeal to food and should be edible. They should also blend with the flavor of the food. Look through magazines and newspapers for pictures displaying different types of fruit and vegetable garnishes. Mount your collection on paper.
3. *Sandwich combinations.* (a) Find at least three pictures or recipes of unusual sandwich combinations or develop your own. (b) Draw sketches of different ways to cut breads for sandwiches.
4. *Creative casseroles.* One-dish casseroles are often quick to prepare, low in cost, and give you a chance to put your imagination to work. Search for a casserole recipe that appeals to you. If possible, prepare it at home. Briefly report the results.
5. *Convenience foods.* (a) Make a coffee cake from scratch using the muffin method. Have another person or group use a prepared mix to prepare a similar coffee cake. Compare each as to time to prepare, cost, flavor, and number of utensils used. How can convenience foods be used in creative cooking? (b) Suggest five ways to use packaged refrigerator biscuits creatively in meal planning. Example: individual pizzas.

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Chapter 24

Food Around the World

To help you to . . .

- *Identify the food customs of many countries.*
- *Describe some typical foods prepared in different parts of the world.*

(Text Pages 417–435)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. The cuisine of most countries is a combination of native food practices and foreign influence.

_____ 2. The national beverage in England is tea.

_____ 3. A Cornish pasty is a typical German turnover made of pastry filled with egg custard.

_____ 4. There are three distinct types of cooking in France—the haute cuisine, provincial, and classic.

_____ 5. Another way to describe the term haute cuisine is the fine art of gourmet cooking.

_____ 6. Because of religious beliefs, pork is the meat most often used for cooking in the Near and Middle East.

_____ 7. One of the main characteristics of Spanish cooking is the richness of color—red, yellow, green.

_____ 8. Paella is a national food dish in Spain.

_____ 9. The smorgasbord, similar to a buffet, is a popular method of serving food in Germany.

_____ 10. Fruits with meat and vegetables, along with sweet-sour flavors, are characteristic of German cooking.

_____ 11. The art of making ice cream was perfected by the French.

_____ 12. Cooking in northern and southern Italy differ in the kind of cooking fat used and the shape of the pasta.

_____ 13. Russians consider bread an essential food and not a side dish or an accompaniment to a meal.

_____ 14. Shish kebab and eggplant dishes are typical of countries in the Near and Middle East.

_____ 15. Great variety of food practices exist in Africa due to the vast differences in the terrain of land and climate.

_____ 16. Curry powder is a basic seasoning in India.

_____ 17. In the Orient, the pre-preparation takes longer than the actual cooking of food.

_____ 18. The Chinese are known for serving sweet foods and sweet desserts.

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_____ 19. The use of corn, beans, or rice is characteristic of Mexican food.

_____ 20. The Caribbean Islands have an abundance of fresh fruits, vegetables, and assorted seafood.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A	Column B
_____ 1. A round, flat pattie made of ground dried corn dough and baked on a griddle.	A. antipasto
_____ 2. A pot roast marinated for two or three days in an acid-oil mixture and cooked in a spicy sweet-sour sauce.	B. bubble and squeak
_____ 3. A tangy relish made with fruits, herbs, and spices.	C. chutney
_____ 4. A stew made of meat, poultry, or fish, and vegetables, that is thickened by the starch from the potatoes.	D. flan
_____ 5. Chopped cooked beef, mashed potatoes, and leftover vegetables, mashed together and fried until all pieces are brown and crisp.	E. kippers
_____ 6. A baked custard with a caramelized sugar topping.	F. minestrone
_____ 7. An ice cream containing fruits, nuts, or candies.	G. ragout
_____ 8. Assorted appetizers served before the meal.	H. samovar
_____ 9. An urn with a spigot, filled with water and used to heat tea.	I. sauerbraten
_____ 10. Meat cut into cubes, placed on skewers or metal rods, and roasted over an open fire.	J. shish kebabs
	K. spumoni
	L. tortilla

FOR FURTHER UNDERSTANDING

1. *What's in a name?* Identify the meanings of these foods and write a brief description for each term.

(a) bouillabaisse	(f) borsch	(k) braaivleis	(p) cabrito
(b) cassoulet	(g) felafel	(l) cassava	(q) enchilada
(c) paella	(h) moussaka	(m) injera	(r) sofrito
(d) lussekake	(i) piroshki	(n) sukiyaki	(s) taco
(e) marzipan	(j) shchi	(o) tempura	(t) tamale

2. *International cooking.* Select one of the foods listed above that you would like to prepare at home or in school. Find a recipe, develop a market order, supply list, and other essential information. Evaluate your project according to flavor, appeal, cost, ease in preparation, reactions of others who ate food. Would you prepare this recipe again? Explain.

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Name _____ Date _____ Class _____

Chapter 25

Regional Foods in the United States

To help you to . . .

- *Identify the food customs in different regions of the United States.*
- *Understand how regional food customs developed.*
- *Compare the typical foods characteristic of regional cooking.*
- *Analyze why regional foods can change from time to time.*

(*Text Pages 437–453*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. American food is a combination of the food traditions of many cultures.

_____ 2. The American Indians helped the early immigrant settlers survive in the new world of America.

_____ 3. The Pennsylvania Dutch were early settlers from Holland.

_____ 4. Indians generally regard meat as a gift from the gods, to be treasured and surrounded with ceremony.

_____ 5. Different Indian tribes prepared different types of food depending on the climate and type of available soil.

_____ 6. Immigrants to America blended their cooking traditions of their homelands with locally available foods to develop regional cooking.

_____ 7. Immigrants of the nineteenth and early twentieth centuries sought areas in the United States that were similar in climate and land to their native countries.

_____ 8. The kaffeeklatsch, a gathering of people for coffee and baked goods, dates back to the customs of the early Irish immigrants.

_____ 9. Corn was one of the main foods for survival for Indians and settlers in the Midwest.

_____ 10. Creole cooking developed in the Western part of the United States.

_____ 11. Creole cooking combines the food practices of two cultures—French and Spanish.

_____ 12. The Chinese introduced the use of spicy foods to American cooking.

_____ 13. Southwestern United States was influenced by the food customs of the Indians, Spaniards, and Mexicans.

_____ 14. Due to their limited food supply, the Pacific Coast and Northwest have to import much of their food.

_____ 15. In shipping ports one is likely to find ethnic specialities mingled with local food customs.

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_____ 16. Prospectors in search of gold in California and Alaska depended on sourdough as their staple food.

_____ 17. Hawaiian cooking has been strongly influenced by oriental cooking.

_____ 18. A popular Hawaiian food custom is the luau or feast of a pig roasted in an open pit.

_____ 19. In the South, Africans combined their traditional ways of cooking with the food available in the region to produce "soul food."

_____ 20. People tend to have their own food preferences, even though advertising popularizes certain foods.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. Cornmeal batter dropped by the spoonful into deep, hot fat.	A. chili con carne
_____	2. A hearty soup thickened with okra.	B. chitterlings
_____	3. Cornmeal and salted boiling water which is baked into a cake.	C. red flannel hash
_____	4. A potato pudding that can be held in the hand.	D. gumbo
_____	5. A pastry crust with a cake-type filling flavored with molasses.	E. pralines
_____	6. Creole candy made of pecans and caramelized sugar.	F. hush puppies
_____	7. Corn and beans cooked together.	G. johnny cake
_____	8. Leftover meat and vegetables ground together.	H. knish
_____	9. Small cooked pieces of intestine served with a spicy sauce or dipped in batter and deep fat fried.	I. son-of-a-gun stew
_____	10. A main dish common to the cowboys of the Southwest.	J. shoofly pie
		K. sourdough
		L. succotash

FOR FURTHER UNDERSTANDING

1. *Our cooking heritage.* Every region of the United States has food specialties rooted in the past. Each wave of immigration brought new foods and new cooking styles. Find out some basic characteristics of the land and people of each region. Write a brief summary for each. (a) Northeast (b) Midwest (c) South (d) Southwest (e) Northwest

   If possible, also search for one favorite food recipe found in each region which stems from the early settlers. Form committees to prepare food from each of these regions.

2. *Food language with a foreign flair.* Many foreign food terms are found in American menus. Consult various references and write a descriptive definition for each of the following terms:

   (a) consomme
   (b) entree
   (c) goulash
   (d) gourmet
   (e) gumbo
   (f) puree
   (g) spumoni
   (h) table d' hote
   (i) vichyssoise

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Name _____ Date _____ Class _____

Chapter 26
Outdoor Cooking

To help you to . . .

- *Cook safely outdoors over an open fire.*
- *Choose foods for outdoor cooking.*
- *Build a campfire for cooking.*

(*Text Pages 455–466*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. A plastic apron provides the best protection for outdoor grilling.

_____ 2. An uncovered grill is generally used for flat meats, fish, and poultry which cook quickly.

_____ 3. Precaution should be taken to clear an area of about 3 m [10 feet] in all directions from a campfire.

_____ 4. Grills must be sturdy and balanced evenly to avoid accidental tipping over.

_____ 5. Regular kitchen tools can safely be used for outdoor barbecuing.

_____ 6. Price usually determines the quality of charcoal briquets used for outdoor cooking.

_____ 7. Regular weight household aluminum foil works effectively in barbecuing.

_____ 8. Water should be squirted to douse the flame when fat drippings accumulate on coals.

_____ 9. When you cook with charcoal, start the fire about fifteen minutes before you want to begin cooking.

_____ 10. Cigarette lighter fluid or alcohol are safe to use to start a fire.

_____ 11. Pets and children should be kept away from the outdoor grill and work area.

_____ 12. Never use an outdoor grill or hibachi in a house or garage.

_____ 13. Some areas have laws prohibiting the use of outdoor grills on porches and balconies.

_____ 14. Never leave an outdoor grill fire unattended, even for a few minutes.

_____ 15. Since grilling is a moist heat method of cooking, any cut of meat can be used.

_____ 16. When camping in park areas, ready-built fireplaces or sites should be used.

_____ 17. Windy days are best for outdoor cooking because the fire burns more quickly.

_____ 18. Green or fresh wood burns best in fires.

_____ 19. Hardwoods are preferable to soft woods for outdoor cooking.

_____ 20. When camping, check to see if the fire is completely out by testing the ashes with your bare hands for coolness to the touch.

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WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. A long, narrow tube attached to a rubber ball which can be filled with water.	A. baster
_____	2. A metal container shaped like a box or a bowl that holds the burning charcoal.	B. brazier grill
_____	3. An incident in which flames develop when fat drippings accumulate on coals.	C. skewer
_____	4. A spit which turns food over a source of heat.	D. carbon monoxide
_____	5. A very toxic and deadly gas which has no odor or color.	E. dry-heat method
_____	6. A frame of bars with spaces between them.	F. fire bowl
_____	7. A round container that holds burning charcoal and is covered by a metal grid for cooking.	G. flareup
_____	8. A long, metal rod used for making shish kebabs.	H. grid
_____	9. A rectangular, cast iron grill.	I. hibachi
_____	10. Grilling is an example of this method of cooking.	J. moist-heat method
		K. rotisserie
		L. tongs

FOR FURTHER UNDERSTANDING

1. *Safety rules for outdoor cooking.* Answer the following questions:
   (a) Why should an outdoor grill *never* be used indoors or in a garage even with doors opened?
   (b) What are the five most important features to consider in buying a grill?
   (c) Describe at least two different types of grills that are available. If possible, visit stores for price, quality and features of these different types and report your findings.
   (d) List the basic safety rules for cooking over an open fire.
   (e) How should a campfire area be cleaned up before leaving?
2. *Entertaining outdoors.* (a) Give reasons for the growing popularity of outdoor cooking as a form of entertainment. (b) Find appropriate recipes for an outdoor meal. Make a list of equipment and supplies needed.

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LOOKING BACK

Part 4: Creative Cooking

SCRAMBLEGRAM

How well did you read each chapter? Did you find the big ideas that apply to creative aspects of food preparation, including ethnic and regional foods and outdoor cooking? Unscramble the word or group of words that complete each important idea. Write the correct terms in the space provided before each statement.

Example: Many gourmet (RTMEUGO) recipes use low-cost foods.

Chapter 23: THE ART OF CREATIVE COOKING

_____ 1. (VNEEOCNEICN) foods can be used effectively in creative cooking to save preparation time.

_____ 2. There is no wrong or right (NGSAESNOI) to use with each food.

Chapter 24: FOOD AROUND THE WORLD

_____ 3. All countries have (DTOALTIINAR) foods and customs which have developed over the centuries.

_____ 4. The (YORGPGHAE) of the area helps decide what people eat.

Chapter 25 REGIONAL FOODS IN THE UNITED STATES

_____ 5. The early settlers in America (PADAEDT) their foreign recipes to regional conditions.

_____ 6. Even though advertising popularizes certain products, people tend to have their own food (CSEFPRENEER).

_____ 7. Food customs in the (UHTOS) were influenced by the English, French, Africans, and Spaniards.

_____ 8. The (SANDNII) taught the immigrants how to use locally available foods.

Chapter 26: OUTDOOR COOKING

_____ 9. To avoid accidents, (YAFTSE) practices must be followed carefully in outdoor cooking.

_____ 10. To prevent food (SGIPIONON), keep hot foods hot and cold foods cold when serving food outdoors.

WORD POWER PUZZLE

Directions: The words in this puzzle have been used in Part 4 of *Food for Today*. The clue for each word gives a definition, the first letter of each word, and the total number of letters in the word. Read each clue and write the correct answer in the space. Then circle the word in the puzzle. The words are in all directions—down, across, diagonal and forward or backward. The same letter may be in more than one word.

Q P L P N L H I V M D E L J T F L S Z A F C C L Q
S K G A U A Y D L U U D I J C D H C P P K Z O A L
W T V Y N U W I U J A Q V S O L P S A A Q O M N P
B R R P M O M T T E N Z Y S C H E S F N A S I O H
S U V I H C I F L R P T Z Y P C Z U X T M C A I Y
B G A W T G N T G Z E A M A I W V Y F I A V K G X
S O H Z H Q I I A R Y U E P K H I D J P U Y R E Y
J Y Z O B A R E Q N M D S L S U J T S A I A A R H
H S U U Z A V V F C R Y O O L E M E M S H B R T T
B F C T S I J B A P H E G T W A G L O T K W K W T
F W K D L A G G L C C U T Q I A S U R O Y S B E W
F W D O C N Z I Q U N L T N R K Z D G W Y H M E W
M V W O D R S Z I R G Z U N I S N G A B D R B D C
Z B J R N A E S I B D V I A E B G Q S G L T T F J
X Q B S X D I A Q P I S R V U Y P Y B L S O A A R
G B G G E N W Q T Q H P S Y V W M F O Y D T Z C M
M U W O E Q S C N I N C P C E O F P R X C H O S O
C G P D K F X R C F V H Q S H K J U D H I P Q B U
F Y T W S B I U C W B I F S X N B N E X F I L D U
N A C Y O E S H Q M G D T L W H I R X T Y D N I R
J O J S W T P J N Y Q Y N Y Q I B T W M S X E R M
E U T Y O B P E K B P G B T H S P D Z G O O Z S R
X B O M H K B B R Q G V I H A D R X S E X K A E F
P K S C G R H C M C I P O C W C S G U R L N G S N
J F O L G D Z W U Y Q R M P N F Y D Y H W W G Q X

CLUES FOR WORD POWER PUZZLE

C _____ (7)

1. A tangy relish made with fruits, herbs, and spices.

C _____ (7)

2. Actions or ways of doing things that have become established.

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Name _____ Date _____ Class _____

T _____ (4)
3. A folded tortilla usually filled with meat, lettuce, tomatoes, cheese, and sauce.

O _____ (8)
4. Being in open air without a roof.

H _____ (5)
5. Leaves of plants used as seasonings.

P _____ (5)
6. An Italian open pie made of rolled bread dough spread with a variety of spiced mixtures and baked.

S _____ (9)
7. A cutlet that can be seasoned and garnished in a variety of ways.

Y _____ (6)
8. A fermented semifluid milk food.

A _____ (9)
9. Assorted appetizers served before the meal.

I _____ (13)
10. Between or among nations.

L _____ (4)
11. A Hawaiian word for feast.

C _____ (6)
12. Small, very thin pancakes.

G _____ (7)
13. Items used on or around food as a decoration.

P _____ (6)
14. A Spanish dish in which several foods are combined and cooked at one time.

C _____ (10)
15. Inventive and original.

C _____ (7)
16. Style of cooking or preparing food.

R _____ (8)
17. From a particular area.

S _____ (11)
18. A meal featuring a large variety of food.

S _____ (6)
19. The dried roots, stems, and seeds of plants.

W _____ (3)
20. A metal pan with a rounded bottom used in Oriental cooking.

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SECRET MESSAGE WRAP UP FOR PART 4

Uncover the "Secret Message" that has particular meaning in Part 4 of your textbook *Food for Today*. Figure out the clue by using the code on the left of the page. Look up the number and write down the letter.

Secret Message: 1-13-5-18-9-3-1-14 6-15-15-4: 1

_____

13-9-24-20-21-18-5 15-6

_____

3-21-12-20-21-18-5-19

_____

CODE

A -1
B -2
C -3
D -4
E -5
F -6
G -7
H -8
I -9
J -10
K -11
L -12
M-13
N -14
O -15
P -16
Q -17
R -18
S -19
T -20
U -21
V -22
W-23
X -24
Y -25
Z -26

Weigh the words in the secret message carefully. What ideas, conclusions, and inferences can be drawn? Try to see how the message relates to the chapters in Part 4 of the textbook. Test your interpretation skills by writing a 100–200 word summary of Part 4 by using the secret message as the main topic.

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Name _____ Date _____ Class _____

Chapter 27

Careers in Food and Nutrition

To help you to . . .

- *Identify the types of career opportunities available in food and nutrition.*
- *Recognize the kinds of beginner's jobs available in food and nutrition.*
- *Distinguish the difference between a career and a job.*
- *Relate information on careers in food and nutrition to your own search for a career.*

(*Text Pages 469–483*)

CHECKING YOUR KNOWLEDGE

Score_____

Read the following statements carefully. In the space at the left of each statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. A person who wants a career must have a college degree.

_____ 2. Entry-level jobs and beginning jobs usually mean the same thing.

_____ 3. Studies predict that today's average teenager may work from 35 to 45 years.

_____ 4. Most people stay in their chosen careers throughout their work years.

_____ 5. Statistics reveal that more people over age forty are attending schools today than in the past.

_____ 6. Job opportunities in the food service industry appear brighter than many other fields.

_____ 7. Currently about one of every nine meals in the United States is eaten away from home.

_____ 8. Management careers in food service are available and generally require education beyond high school.

_____ 9. Home Economics is a woman's profession and there are few opportunities for men in the field.

_____ 10. To become a registered dietitian, one must pass a national examination after becoming a member of the American Dietetic Association.

_____ 11. College education is helpful in climbing a career ladder of advancement in food service.

_____ 12. It is too early during the high school years to prepare for a future career.

_____ 13. A good background in food services prepares you for a variety of jobs in hospitals, cafeterias, and other institutions.

_____ 14. Nutritionists most often are involved in the supervision of food preparation.

_____ 15. Paraprofessionals who work as assistants to home economists must have college training.

_____ 16. Dietitians work closely with physicians in planning menus for patients.

_____ 17. Home economists can work as researchers, as well as in test kitchens creating new products or improving existing products.

_____ 18. Government and consumer-oriented agencies are areas in which home economists are hired.

_____ 19. People who enjoy working with food have many opportunities for career advancement in the food service industry.

_____ 20. Many organizations give bonuses to its employees when profits are good for the year.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

Column A		Column B
_____	1. Employment with a specific company done regularly for pay.	A. advancement
_____	2. Promotion to a higher rank or position.	B. career
_____	3. Good chances or favorable time for progress.	C. caterer
_____	4. To use your efforts to develop a specific skill or activity.	D. customer service
_____	5. To make up your mind.	E. decision
_____	6. A profession which focuses its activities on the well-being of families and individuals.	F. dietitian
_____	7. Strength or endurance.	G. home economics
_____	8. Those whose jobs include supervising others and making decisions.	H. job
_____	9. One who provides food service for special events.	I. management
_____	10. Type of employment selected for a long period in life.	J. opportunities
		K. specialize
		L. stamina

FOR FURTHER UNDERSTANDING

Choosing a career. Study the list of ten factors which have an influence upon career considerations. Reorganize them in the order of importance to you—the most important influence for taking a job would be listed first; the least important factor listed as number 10.

(1) Good wages
(2) Job security
(3) Promotion
(4) Interesting work
(5) Good working conditions
(6) Company's loyalty to workers
(7) Constructive guidance
(8) Appreciation for work well done
(9) Responsibility for making decisions
(10) Sympathetic help in personal problems

Do you think that you will feel the same way about these job priorities five years from now? Explain.

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Chapter 28

How To Get and Keep a Job

To help you to . . .

- *Know the different sources you can use to help you find a job.*
- *Secure work experience while you are still in school.*
- *Develop a resumé and fill out an application blank.*
- *Apply the necessary steps to take for an interview.*
- *Identify the type of behavior that can increase your worth as an employee.*

(*Text Pages 485–497*)

CHECKING YOUR KNOWLEDGE

Score _____

Read the following statements carefully. In the space at the left of the statement, write + if the statement is true or write 0 if the statement is false. Each correct answer is worth 5 points for a total of 100 points.

_____ 1. Your school counselor is a good source person to help you find a job and gain insight into the world of work.

_____ 2. *Help Wanted* advertisements are usually listed in alphabetical order according to the first letter of the first word.

_____ 3. There are two kinds of employment agencies—state and private—that specialize in helping people find jobs.

_____ 4. State employment agencies charge a fee when finding jobs for people.

_____ 5. State employment agencies have counseling and testing services to assist the public in finding suitable jobs to match their talents.

_____ 6. Sometimes employers pay a fee to a private agency to find them qualified employees.

_____ 7. Never sign an employment contract before thoroughly understanding the terms explained on the form.

_____ 8. Relatives and friends are often excellent sources in finding out about job openings.

_____ 9. Part-time jobs are often "stepping stones" toward moving ahead in the world of work.

_____ 10. Volunteer work is usually not considered as work experience in applying for a job.

_____ 11. A Social Security number is not essential when you apply for a part-time job.

_____ 12. You need a work permit only if you leave school and work full time.

_____ 13. The Social Security number assigned to you remains the same through life.

_____ 14. Social Security is a federal insurance program which provides money for your retirement.

_____ 15. The employer is the only one who contributes toward the Social Security fund.

_____ 16. Permission to use a person as reference should be obtained before submitting the name to employers.

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_____ 17. Punctuality is an important trait in holding a job.

_____ 18. Appearance is not as significant in getting a job today as it was ten years ago.

_____ 19. Some people lose jobs leads by not knowing when to stop talking during an interview.

_____ 20. One of the most common causes of losing a job is not knowing how to get along with people.

WORDS AT WORK

Score_____

Match the term in Column B which best corresponds to each description in Column A. Write the letter *and* the term in the blank space provided in Column A. Use each term only once. Each correct answer is worth 10 points for a total of 100 points.

	Column A	Column B
_____	1. A written agreement that can be enforced by law.	A. cliques
_____	2. Trustworthy and reliable.	B. contract
_____	3. A meeting between the person seeking a job and the employer.	C. counselor
_____	4. Organizations that specialize in helping people find jobs and in helping employers find workers.	D. employment agencies
_____	5. A summary information sheet listing your personal qualifications.	E. interview
_____	6. People an employer can ask about your ability or character.	F. punctual
_____	7. A trained person in your school who can guide you in your search for a job.	G. references
_____	8. A federal insurance program which provides money for your retirement.	H. responsible
_____	9. Being on time or prompt.	I. resumé
_____	10. Rules and procedures you are required to follow on the job.	J. social security
		K. work regulations
		L. work permit

FOR FURTHER UNDERSTANDING

1. *Application forms.* The job forms need to give as good an impression of you as do your appearance and actions. (a) Why do most places use application forms in hiring people? (b) What should you do if you do not understand some of the questions on the forms?

2. *Would you hire yourself?* An interview is usually very important in getting a job. (a) What traits do employers look for during an interview? (b) Name five positive things to do during an interview. (c) List the questions you would want answered before you would accept any job. (d) List the questions that can wait to be answered until after you are hired.

3. *Getting turned down.* Identify ten or more reasons why people are not hired or get fired from jobs. Put a check (✓) next to those reasons you feel are most common among people you know or have heard about.

4. *Your social security.* Most jobs are under the Social Security Act. (a) Why does a person only have one social security number no matter how many jobs he or she holds in a lifetime? (b) Why do employers require you to show a social security card when you are hired? (c) If you lose the original card, how can you get a duplicate one?

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LOOKING BACK

Part 5: Careers

SCRAMBLEGRAM

How well did you read each chapter? Did you find the big ideas that help you to see the relationship between school activities and the world of work? Unscramble the word or group of words that complete each important idea. Write the correct terms in the space provided before each statement.

Example: maturity Emotional (TAMYTIUR) is important in getting along on the job.

Chapter 27: CAREERS IN FOOD AND NUTRITION

_____ 1. Most (SRPELAOIFOSN) level careers require a college education.

_____ 2. Most jobs in food and nutrition involve working with (OEEPLP).

_____ 3. Those who try to educate people to improve their food habits are called (ISTIRUNOTTISN).

Chapter 28: HOW TO GET AND KEEP A JOB

_____ 4. (NTUMTOIAOA) has created changes in occupations and employability skills.

_____ 5. (XEOLPGRNI) the various kinds of occupations helps you find out those which best match your interests and abilities.

_____ 6. The food service industry is (WORGNGI) rapidly.

_____ 7. Most students who have part-time jobs (ORTIPF) from the experience.

_____ 8. Neatness and (UOTYSERC) are important factors in job interviews.

_____ 9. Application forms should be filled out (ATLCUCAERY).

_____ 10. (MEYNPOLTENUM) rates for those without a high school education are much higher than for those who have graduated.

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WORD POWER PUZZLE

Directions: The words in this puzzle have been used in Part 5 of *Food for Today.* The clue for each word gives a definition, the first letter of each word, and the total number of letters in the word. Read each clue and write the correct answer in the space. Then circle the word in the puzzle. The words are in all directions—down, across, diagonal and forward or backward. The same letter may be in more than one word.

L B E E M P L O Y M E N T U Y W H M V L S I G D V
B Z D A N Y Z T P G R S N J L U Y F A S U H T V N
H F M G W S X C E L S N O I T A C I F I L A U Q P
N X A W F P Q A Y Q N S E I T I N U T R O P P O Y
U E Z Y P M A T J B D T F P E F W H U E O W D L E
X U I H R E M E M P L O Y E R K C V V C R G A M M
C W M D J Y Q R E A X M J X B O X Z I E U N U V I
G N C X E W L E W F T N Q D N P B R F O O S A A H
O C O Y P S I R M Q U S M T I B K E W I E P H V B
L L C I S F Z R N Z U A R Y U A R X S R P M T O M
V H F Q T I E W S I H A C H G E G S I L S A I W D
K T X R G C S S E R C E H W N F E V I S V F E O X
J A D S S B A U P T E D G C O F E C V Z J I O X G
Q W G I C D O F N Z K E E E O H A E F Y V F Y N Q
A L G E E A N V S M T A R R L T Z F N R A Y O B U
W O D S N T B D Q I P Q P A I L E J E J A I M Q I
S A H X D C I A K P T A B O C P O T I D T A V L H
F C Y V Q M Y T E H R A N U X V N C J A N U S J E
J J K P O C D A I A S P S H H I Y H M A M L J L B
Z F L W M T R O P A P Z S E Z B L R G Z P Y U U X
S H G H Z A W Q D T N K F Y G S O E V Y W Y M F O
B T X S N R O L E S N U O C G F M B Y J Z R X O U
W D H C S B T Z F H N L J Z N E H T G H N A A O K
A H E V V Y N K T S D G Q I N Z K T T C L X G T J
Q N X P E V U N S I L Z S T E I I T C D S W A N P

CLUES FOR WORD POWER PUZZLE

P _____ (16)

1. A person without a college degree who is trained on the job to help a professional.

I _____ (11)

2. Knowledge and facts.

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O _____ (13) 3. Chances for moving ahead.

R _____ (9) 4. Someone who can give information about another person's ability.

S _____ (12) 5. A condition of being pleased or contented.

I _____ (9) 6. A meeting between a job applicant and a person in charge of hiring.

Q _____ (14) 7. A degree of excellence which makes you fit for a job or task.

R _____ (6) 8. A summary of your background.

M _____ (10) 9. The process of directing or handling a task to get desired results.

C _____ (7) 10. Occupations that progress through life.

D _____ (9) 11. A professional person who plans proper amounts and kinds of food for persons with special food needs.

E _____ (10) 12. Another word for work.

C _____ (8) 13. A written agreement between two or more persons which can be enforced by law.

C _____ (7) 14. An institution that gives degrees for study after high school.

A _____ (6) 15. This type of employment organization matches workers with job openings for a fee.

A _____ (11) 16. A form requesting specific information from you for a job or other activities.

C _____ (9) 17. A person who is trained to give advice to people.

C _____ (7) 18. A person who provides food or supplies for special events.

A _____ (10) 19. The outward look of a person.

E _____ (8) 20. A person who gives work and pay for your services.

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SECRET MESSAGE WRAP UP FOR PART 5

Uncover the "Secret Message" that has particular meaning in Part 5 of your textbook *Food for Today*. Figure out the clue by using the code on the left of the page. Look up the number and write down the letter.

Secret Message: 19-11-9-12-12-19 6-15-18 10-15-2

_____

19-21-3-3-5-19-19

_____

CODE

A -1
B -2
C -3
D -4
E -5
F -6
G -7
H -8
I -9
J -10
K -11
L -12
M-13
N -14
O -15
P -16
Q -17
R -18
S -19
T -20
U -21
V -22
W-23
X -24
Y -25
Z -26

Weigh the words in the secret message carefully. What ideas, conclusions, and inferences can be drawn? Try to see how the message relates to the chapters in Part 5 of the textbook. Test your interpretation skills by writing a 100-200 word summary of Part 5 using the secret message as the main topic.

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